



## Sunflower Cupcakes

READY IN



140 min.

SERVINGS



24

CALORIES



277 kcal

DESSERT

### Ingredients

- 1 box cake mix yellow
- 0.3 cup lemon curd (from)
- 3 oz cream cheese softened
- 1 serving food coloring yellow
- 12 oz fluffy frosting white
- 17 oz chocolate icing yellow
- 0.5 cup semisweet chocolate chips miniature
- 1 serving m&m candies sour

## Equipment

- bowl
- oven
- wire rack
- hand mixer
- wooden spoon
- ziploc bags
- muffin liners

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups. Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- By slowly moving end of round handle of wooden spoon back and forth, make deep, 3/4-inch-wide indentation in center of top of each cupcake, not quite to bottom (wiggle end of spoon in cupcake to make opening large enough).
- In medium bowl, beat lemon curd and cream cheese with electric mixer on medium speed until blended. Spoon into small resealable food-storage plastic bag; seal bag.
- Cut 3/8-inch tip off 1 bottom corner of bag. Insert tip of bag into top of each cupcake; squeeze bag to fill cupcake.
- Stir 4 drops food color into frosting until pale yellow. Frost cupcakes.
- Place unopened icing tube in tall drinking glass filled with hot tap water for 15 minutes.
- Remove from water; wipe dry. Knead tube gently with hands to soften. Using leaf tip on icing tube, pipe 2 concentric circles of leaves, starting with outside edge of cupcake and working toward center; leave quarter-size area in center with just frosting. Carefully spoon 1 teaspoon chocolate chips onto center of each cupcake; press into frosting. Arrange on tray using sour candy straws for stems and leaves. Refrigerate until ready to serve. Loosely cover and refrigerate any remaining cupcakes.

## Nutrition Facts



■ PROTEIN 2.06% ■ FAT 31.44% ■ CARBS 66.5%

## Properties

Glycemic Index:4.71, Glycemic Load:10.05, Inflammation Score:-1, Nutrition Score:3.2221739084824%

## Nutrients (% of daily need)

Calories: 277.06kcal (13.85%), Fat: 9.69g (14.91%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 45.44g (16.52%), Sugar: 35.16g (39.06%), Cholesterol: 3.97mg (1.32%), Sodium: 241.32mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.24mg (1.41%), Protein: 1.43g (2.86%), Vitamin B2: 0.16mg (9.63%), Phosphorus: 89.55mg (8.96%), Calcium: 53.7mg (5.37%), Manganese: 0.11mg (5.34%), Vitamin K: 5.51µg (5.24%), Vitamin E: 0.78mg (5.21%), Iron: 0.83mg (4.59%), Folate: 17.71µg (4.43%), Copper: 0.08mg (3.88%), Vitamin B1: 0.06mg (3.71%), Vitamin B3: 0.62mg (3.09%), Magnesium: 11.49mg (2.87%), Fiber: 0.68g (2.7%), Selenium: 1.4µg (2%), Potassium: 54.4mg (1.55%), Zinc: 0.23mg (1.54%), Vitamin B5: 0.13mg (1.32%), Vitamin A: 51.46IU (1.03%), Vitamin B6: 0.02mg (1.01%)