



Sunflower Cupcakes

READY IN



140 min.

SERVINGS



24

CALORIES



370 kcal

DESSERT

Ingredients

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

Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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 **2.28%**  FAT **33.66%**  CARBS **64.06%**

Properties

Glycemic Index:4.71, Glycemic Load:11.54, Inflammation Score:-1, Nutrition Score:3.5478261288093%

Nutrients (% of daily need)

Calories: 370.43kcal (18.52%), Fat: 13.87g (21.34%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 59.39g (19.8%), Net Carbohydrates: 58.33g (21.21%), Sugar: 47.35g (52.61%), Cholesterol: 6.12mg (2.04%), Sodium: 260.43mg (11.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.24mg (1.41%), Protein: 2.12g (4.23%), Vitamin B2: 0.18mg (10.54%), Phosphorus: 90.47mg (9.05%), Calcium: 70.53mg (7.05%), Vitamin K: 6.17µg (5.87%), Vitamin E: 0.86mg (5.73%), Iron: 1.01mg (5.62%), Manganese: 0.11mg (5.34%), Folate: 18.11µg (4.53%), Fiber: 1.06g (4.26%), Copper: 0.08mg (3.88%), Vitamin B1: 0.06mg (3.74%), Vitamin B3: 0.63mg (3.15%), Magnesium: 11.54mg (2.89%), Selenium: 1.4µg (2.01%), Vitamin A: 83.66IU (1.67%), Potassium: 56.12mg (1.6%), Zinc: 0.23mg (1.56%), Vitamin B5: 0.14mg (1.35%), Vitamin B6: 0.02mg (1.01%)