



## Sunflower Cupcakes Bouquet



Dairy Free



Popular

READY IN



115 min.

SERVINGS



58

CALORIES



360 kcal

## Ingredients

- ☐ 2 cans creamy peanut butter white
- ☐ 58 servings purple gel food coloring
- ☐ 7 pieces twist and ends together to make a rough knob. cover green
- ☐ 7 m&m candies
- ☐ 58 servings pot roast cut green
- ☐ 1 cup powdered sugar
- ☐ 60 raspberries black
- ☐ 58 servings you will also need: parchment paper green
- ☐ 1 box cake mix white yellow

- ☐ 58 servings frangelico green
- ☐ 7 frangelico
- ☐ 58 servings frangelico green
- ☐ 7 frangelico

## Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ skewers
- ☐ muffin liners
- ☐ pastry bag

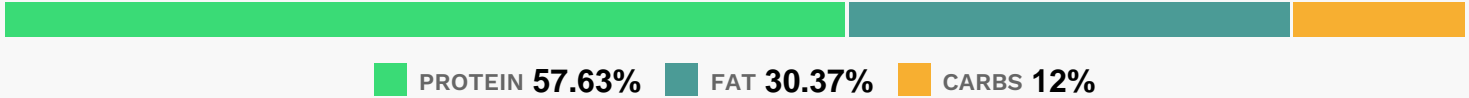
## Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pans).
- ☐ Place miniature paper baking cup in each of 58 mini muffin cups. Make cake batter as directed on box. Fill muffin cups 3/4 full (about 1 heaping tablespoon each).
- ☐ Bake 10 to 15 minutes or until toothpick inserted in center comes out clean. Cool in pans 5 minutes.
- ☐ Remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Spoon frosting into medium bowl. Stir in powdered sugar and desired food color, mixing to blend completely. Fit an open star tip (#1
- ☐ on a pastry bag, and fill with frosting. On each cupcake, pipe 6 lines from the center of the cupcake, out to the edge, making an evenly spaced "spoke-like pattern" on each. With the same tip, start in the center and make a loop by going down one side of each spoke, turning at the edge of the cupcake and following the next spoke back into the center. Repeat ending with 6 loops.
- ☐ Place black gummy raspberry in center of each cupcake.
- ☐ Place 2 sheets of tissue paper inside pail.
- ☐ Cut dry oasis to fit inside pail. Thread wooden skewer through green licorice. Thread spearmint leaf on skewer and then cupcake. Repeat to make 6 additional flowers. Arrange

flowers in pail.

☐ Place remaining cupcakes on platter. Store loosely covered.

## Nutrition Facts



### Properties

Glycemic Index:0.69, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:24.399130290779%

### Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 360.21kcal (18.01%), Fat: 11.74g (18.05%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 10.16g (3.7%), Sugar: 6.1g (6.78%), Cholesterol: 147.01mg (49%), Sodium: 238.2mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.1g (100.2%), Zinc: 12.43mg (82.84%), Selenium: 55.94µg (79.91%), Vitamin B12: 4.78µg (79.63%), Vitamin B3: 12.08mg (60.39%), Vitamin B6: 1.11mg (55.68%), Phosphorus: 483.42mg (48.34%), Iron: 4.8mg (26.68%), Vitamin B2: 0.41mg (23.84%), Potassium: 758.69mg (21.68%), Vitamin B5: 1.52mg (15.18%), Magnesium: 53.58mg (13.4%), Vitamin B1: 0.2mg (13.37%), Copper: 0.22mg (10.78%), Folate: 36.77µg (9.19%), Calcium: 53.87mg (5.39%), Vitamin E: 0.76mg (5.06%), Manganese: 0.07mg (3.59%), Vitamin K: 3.13µg (2.98%), Vitamin D: 0.23µg (1.51%), Fiber: 0.26g (1.06%)