



Sweet and Salty Margarita Cupcakes

READY IN



105 min.

SERVINGS



24

CALORIES



172 kcal

DESSERT

Ingredients

- 1.5 cups pretzels crushed
- 0.3 cup butter melted
- 2 tablespoons sugar
- 1 box cake mix white
- 0.8 cup margarita cocktail
- 0.3 cup vegetable oil
- 0.3 cup water
- 2 teaspoons lime zest grated
- 4 egg whites

- 1.5 cups cool whip frozen thawed
- 12 oz lime light fat free yoplait®
- 2 teaspoons lime zest grated
- 0.3 cup pretzels crushed

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- 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.
- In small bowl, mix pretzel mixture ingredients until blended. Spoon about 1 tablespoon mixture in each cup.
- In large bowl, beat cupcake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among cups (two-thirds full).
- Bake 18 to 23 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely.
- In medium bowl, fold whipped topping, yogurt and 2 teaspoons lime peel until blended; frost cupcakes.
- Sprinkle with coarsely crushed pretzels. Store loosely covered in refrigerator.

Nutrition Facts



■ PROTEIN 5.25% ■ FAT 31.63% ■ CARBS 63.12%

Properties

Glycemic Index:13.84, Glycemic Load:4.96, Inflammation Score:-2, Nutrition Score:3.6569565275441%

Flavonoids

Hesperetin: 6.24mg, Hesperetin: 6.24mg, Hesperetin: 6.24mg, Hesperetin: 6.24mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 171.65kcal (8.58%), Fat: 6.18g (9.51%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 26.88g (9.77%), Sugar: 12.79g (14.22%), Cholesterol: 0.75mg (0.25%), Sodium: 264.69mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Phosphorus: 87.51mg (8.75%), Vitamin B2: 0.12mg (7.17%), Folate: 28.32µg (7.08%), Vitamin K: 6.42µg (6.12%), Calcium: 59.82mg (5.98%), Vitamin B1: 0.08mg (5.63%), Vitamin C: 4.35mg (5.28%), Manganese: 0.1mg (5.15%), Selenium: 3.33µg (4.75%), Vitamin B3: 0.89mg (4.44%), Iron: 0.79mg (4.41%), Vitamin E: 0.57mg (3.82%), Fiber: 0.87g (3.48%), Vitamin A: 100.04IU (2%), Copper: 0.04mg (1.95%), Potassium: 56.01mg (1.6%), Magnesium: 6.03mg (1.51%), Zinc: 0.19mg (1.3%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.13mg (1.27%), Vitamin B6: 0.02mg (1.15%)