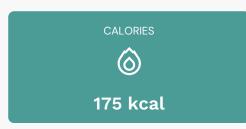


# **Sweet and Salty Margarita Cupcakes**

airy Free







DESSERT

### **Ingredients**

0.3 cup butter melted	
4 egg whites	
12 oz lime light fat free yopla	it®
2 teaspoons lime zest grate	ed
0.8 cup margarita cocktail	
O.3 cup pretzels crushed	
1.5 cups pretzels crushed	

2 tablespoons sugar

	0.3 cup vegetable oil
	0.3 cup water
	1.5 cups non-dairy whipped topping frozen thawed
	1 box cake mix white
Eq	juipment
	bowl
	frying pan
	oven
	wire rack
	hand mixer
	toothpicks
	muffin liners
Di	rections
	Heat oven to 350F (325F 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**

### **Properties**

Glycemic Index:12.5, Glycemic Load:4.96, Inflammation Score:-2, Nutrition Score:3.498260854379%

#### **Flavonoids**

Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg 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: 175.11kcal (8.76%), Fat: 6.56g (10.09%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 26.82g (9.75%), Sugar: 13.15g (14.61%), Cholesterol: 0.09mg (0.03%), Sodium: 264.69mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Phosphorus: 87.76mg (8.78%), Folate: 27.65µg (6.91%), Vitamin K: 6.56µg (6.24%), Calcium: 58.03mg (5.8%), Vitamin B2: 0.1mg (5.71%), Vitamin C: 4.31mg (5.22%), Vitamin B1: 0.08mg (5.22%), Manganese: 0.1mg (5.15%), Selenium: 3.3µg (4.71%), Iron: 0.8mg (4.42%), Vitamin B3: 0.88mg (4.38%), Vitamin E: 0.59mg (3.95%), Fiber: 0.85g (3.39%), Copper: 0.04mg (1.92%), Vitamin A: 95.22IU (1.9%), Potassium: 55.51mg (1.59%), Magnesium: 5.98mg (1.49%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.19mg (1.23%)