



Sweet and Salty Margarita Cupcakes

 Dairy Free

READY IN



105 min.

SERVINGS



24

CALORIES



175 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 4 egg whites
- 12 oz lime light fat free yoplait®
- 2 teaspoons lime zest grated
- 0.8 cup margarita cocktail
- 0.3 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

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- 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.
- 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 5.15% ■ FAT 32.99% ■ CARBS 61.86%

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, 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: 0g (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%)