



Swirled Candy Cane Cupcakes

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



169 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 1 teaspoon peppermint extract
- 1 teaspoon purple gel food coloring red
- 12 oz fluffy frosting white
- 1 cup peppermint candies hard crushed (30)

Equipment

- bowl
- oven

- knife
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cake mix, water, oil, egg whites and peppermint extract with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter in half. To 1 portion, add food color; stir until uniform in color. In each muffin cup, place 2 tablespoons red batter; top with 2 tablespoons white batter. Swirl white batter through red batter with knife for marbled design.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- Frost cupcakes with frosting. Top each with crushed peppermint candies.

Nutrition Facts



PROTEIN 2.13% **FAT 16.68%** **CARBS 81.19%**

Properties

Glycemic Index:4.71, Glycemic Load:8.83, Inflammation Score:-1, Nutrition Score:1.9413043804791%

Nutrients (% of daily need)

Calories: 168.55kcal (8.43%), Fat: 3.09g (4.76%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 33.63g (12.23%), Sugar: 22.82g (25.35%), Cholesterol: 0mg (0%), Sodium: 175.38mg (7.63%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 0.89g (1.78%), Phosphorus: 75.16mg (7.52%), Vitamin B2: 0.09mg (5.28%), Calcium: 47.62mg (4.76%), Folate: 16.21µg (4.05%), Vitamin B1: 0.05mg (3.21%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.4mg (2.7%), Selenium: 1.87µg (2.67%), Iron: 0.44mg (2.46%), Vitamin K: 2.42µg (2.31%), Manganese: 0.04mg (2.23%)