



Team Color Cupcake Poppers

 Dairy Free

READY IN



75 min.

SERVINGS



30

CALORIES



112 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 2 teaspoons purple gel food coloring red
- 12 oz fluffy frosting white

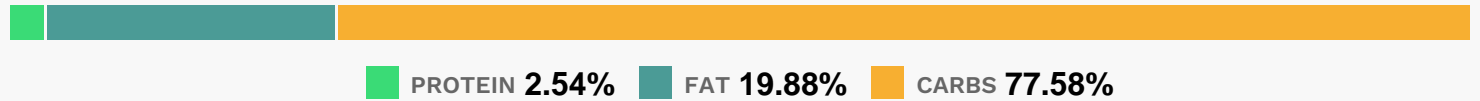
Equipment

- oven
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F. Spray 60 mini muffin cups. Make cake batter as directed on box, adding food color to batter.
- Fill each muffin cup with 1 level measuring tablespoon batter.
- Bake 11 to 14 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes in pans; remove from pans. Cool completely, about 10 minutes.
- Assemble each popper using 2 mini cupcakes.
- Cut tops off each cupcake horizontally (save bottoms for another use).
- Spread or pipe about 1 tablespoon frosting on cut side of 1 cupcake top. Make a sandwich by placing cut side of second cupcake top on frosting; press lightly. Repeat with remaining cupcake tops. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:1.43, Glycemic Load:3.31, Inflammation Score:-1, Nutrition Score:1.5508695821399%

Nutrients (% of daily need)

Calories: 111.51kcal (5.58%), Fat: 2.47g (3.8%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 21.53g (7.83%), Sugar: 14.41g (16.01%), Cholesterol: 0mg (0%), Sodium: 140.29mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Phosphorus: 60.12mg (6.01%), Vitamin B2: 0.07mg (4.21%), Calcium: 38.08mg (3.81%), Folate: 12.97µg (3.24%), Vitamin B1: 0.04mg (2.57%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.32mg (2.16%), Selenium: 1.49µg (2.13%), Iron: 0.35mg (1.97%), Vitamin K: 1.94µg (1.85%), Manganese: 0.04mg (1.77%)