



Team Color Cupcake Poppers

 Dairy Free

READY IN



75 min.

SERVINGS



30

CALORIES



127 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons purple gel food coloring red
- ☐ 2 cups fluffy frosting white (from 2 containers)
- ☐ 1 box cake mix white

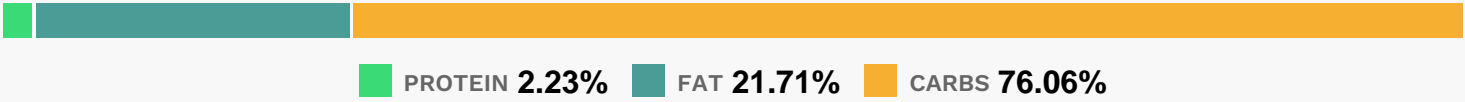
Equipment

- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F. 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:4.4, Inflammation Score:-1, Nutrition Score:1.6313043385744%

Nutrients (% of daily need)

Calories: 127.09kcal (6.35%), Fat: 3.08g (4.73%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 24.06g (8.75%), Sugar: 16.76g (18.62%), Cholesterol: 0mg (0%), Sodium: 147.15mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Phosphorus: 60.79mg (6.08%), Vitamin B2: 0.08mg (4.88%), Calcium: 38.19mg (3.82%), Folate: 13.27µg (3.32%), Vitamin B1: 0.04mg (2.59%), Vitamin E: 0.38mg (2.54%), Vitamin K: 2.42µg (2.31%), Vitamin B3: 0.44mg (2.22%), Selenium: 1.5µg (2.14%), Iron: 0.36mg (2%), Manganese: 0.04mg (1.77%)