



Valentine Parfait Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



175 kcal

Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 12 oz fluffy frosting white
- ☐ 6 oz milk chocolate chips
- ☐ 2 teaspoons shortening
- ☐ 1 serving heart-shape paper punch

Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

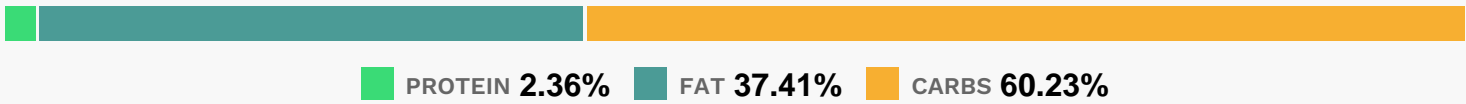
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muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ Make and bake cake as directed on box for cupcakes. Cool in pans 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Spoon frosting into decorating bag fitted with large round tip. Pipe dollop of frosting on top of each cupcake.
- ☐ In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 1 minute, stirring once halfway through heating.
- ☐ Drizzle melted chocolate over frosted cupcakes; sprinkle with hearts. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:2.0256521678327%

Nutrients (% of daily need)

Calories: 175.4kcal (8.77%), Fat: 7.54g (11.6%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 26.89g (9.78%), Sugar: 19.89g (22.1%), Cholesterol: 0.05mg (0.02%), Sodium: 174.64mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Phosphorus: 51.24mg (5.12%), Iron: 0.83mg (4.64%), Vitamin B2: 0.07mg (4.23%), Copper: 0.07mg (3.61%), Calcium: 32.49mg (3.25%), Selenium: 2.26µg (3.22%), Folate: 12.3µg (3.07%), Vitamin E: 0.44mg (2.95%), Vitamin K: 2.75µg (2.61%), Potassium: 84.59mg (2.42%), Vitamin B1: 0.03mg (2.15%), Magnesium: 8.61mg (2.15%), Manganese: 0.04mg (2.01%), Fiber: 0.43g (1.73%), Vitamin B3: 0.32mg (1.61%), Zinc: 0.15mg (1.03%)