



Vanilla Cupcakes, Blueberry and Whipped Topping Jar Parfaits

READY IN



110 min.

SERVINGS



24

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 1 box vanilla cake donut holes french
- ☐ 8 oz cream cheese softened
- ☐ 8 oz non-dairy whipped topping frozen thawed
- ☐ 21 oz blueberry filling canned
- ☐ 8 oz jam with lids

Equipment

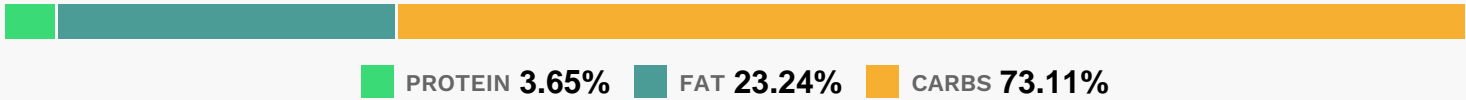
- ☐ bowl

- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ In large bowl, beat cream cheese and whipped topping with electric mixer on low speed just until combined, about 1 minute, then on high speed about 2 minutes or until creamy.
- ☐ Cut each cupcake horizontally in half. For each parfait, place bottom half of cupcake in jar. Spoon 1 tablespoon whipped topping mixture over cupcake, then 1 tablespoon pie filling over whipped topping mixture; repeat layering, beginning with top half of cupcake. Cover jars with lids and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:3.0452173559562%

Nutrients (% of daily need)

Calories: 205.55kcal (10.28%), Fat: 5.34g (8.22%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 36.81g (13.39%), Sugar: 25.61g (28.46%), Cholesterol: 9.73mg (3.24%), Sodium: 191.76mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Phosphorus: 94.47mg (9.45%), Calcium: 71.64mg (7.16%), Vitamin B2: 0.09mg (5.45%), Manganese: 0.1mg (5.12%), Selenium: 3.18µg (4.54%), Folate: 17.5µg (4.38%), Fiber: 0.99g (3.94%), Vitamin B1: 0.06mg (3.87%), Iron: 0.68mg (3.8%), Copper: 0.06mg (2.87%), Vitamin A: 139.36IU (2.79%), Vitamin B3: 0.56mg (2.79%), Vitamin E: 0.38mg (2.56%), Potassium: 71.18mg (2.03%), Vitamin K: 2.05µg (1.95%), Magnesium: 6.74mg (1.69%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.19mg (1.24%), Vitamin C: 1.01mg (1.22%), Vitamin B6: 0.02mg (1.11%)