



## Watermelon Push-It-Up Cakes

 Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



243 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 1 serving food coloring red
- 0.8 cup semisweet chocolate chips miniature
- 16 oz vanilla frosting
- 1 serving drop natural food coloring green
- 20 lemon-lime soda pop
- 1 serving semisweet chocolate chips miniature

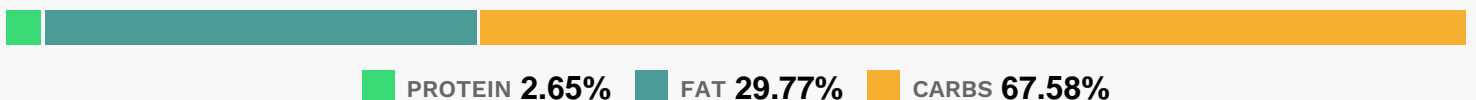
### Equipment

- bowl
- frying pan
- oven
- toothpicks
- ziploc bags
- muffin liners

## Directions

- Heat oven to 350°F. Spray 40 mini muffin cups with cooking spray.
- Make cake mix as directed on box, using water, oil and egg whites. Stir in 10 to 15 drops red food color. Stir in 3/4 cup chocolate chips. Fill muffin cups two-thirds full. (Cover and refrigerate remaining batter until ready to bake; cool pan before reusing and spray again with cooking spray.)
- Bake 10 to 12 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pans to cooling racks. Cool completely. (Repeat with remaining batter to make about 32 additional mini cupcakes. Freeze cupcakes for another use.)
- In medium bowl, mix frosting and enough green food color for desired shade of green. Spoon frosting into decorating bag (fitted with desired tip) or resealable food-storage plastic bag (with small corner cut off).
- To assemble, pipe small amount of frosting in bottom of each push-up pop container. Drop 1 mini cupcake into each container; pipe frosting on cupcake. Top each with second cupcake; pipe with frosting.
- Add chocolate chips on top to look like watermelon seeds.
- Place caps on containers until ready to serve. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:2.15, Glycemic Load:6.62, Inflammation Score:-1, Nutrition Score:3.7939130430636%

## Nutrients (% of daily need)

Calories: 242.63kcal (12.13%), Fat: 8.05g (12.38%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 40.11g (14.58%), Sugar: 28.46g (31.63%), Cholesterol: 0.54mg (0.18%), Sodium: 221.8mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.67mg (2.56%), Protein: 1.61g (3.22%), Phosphorus: 114.49mg (11.45%), Manganese: 0.17mg (8.56%), Vitamin B2: 0.13mg (7.6%), Copper: 0.13mg (6.62%), Calcium: 62.85mg (6.29%), Iron: 1.1mg (6.14%), Folate: 19.91µg (4.98%), Magnesium: 18.77mg (4.69%), Selenium: 3µg (4.28%), Vitamin E: 0.62mg (4.16%), Vitamin K: 4.29µg (4.08%), Vitamin B1: 0.06mg (4.08%), Fiber: 1g (3.99%), Vitamin B3: 0.74mg (3.71%), Zinc: 0.37mg (2.48%), Potassium: 74.4mg (2.13%), Vitamin B5: 0.12mg (1.15%)