



## Watermelon Push-It-Up Cakes

 Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



347 kcal

DESSERT

### Ingredients

- ☐ 20 servings drop natural food coloring green
- ☐ 20 popped popcorn
- ☐ 20 servings food coloring red
- ☐ 0.8 cup semisweet chocolate chips miniature
- ☐ 20 servings semisweet chocolate chips miniature
- ☐ 2 lb vanilla frosting
- ☐ 1 box cake mix white

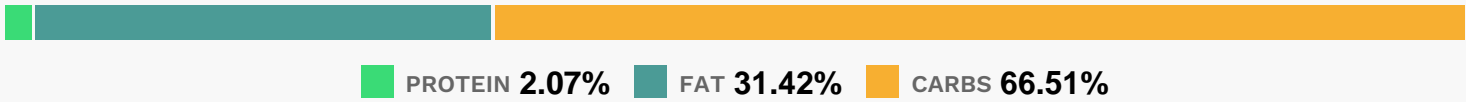
### Equipment

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

## Directions

- ☐ Heat oven to 350F. 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:5.47, Glycemic Load:13.66, Inflammation Score:-1, Nutrition Score:4.5534782701212%

## Nutrients (% of daily need)

Calories: 346.79kcal (17.34%), Fat: 12.13g (18.66%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 57.78g (19.26%), Net Carbohydrates: 56.56g (20.57%), Sugar: 43.13g (47.92%), Cholesterol: 0.59mg (0.2%), Sodium: 263.67mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.49mg (2.83%), Protein: 1.8g (3.6%), Phosphorus: 124.53mg (12.45%), Vitamin B2: 0.2mg (11.69%), Manganese: 0.19mg (9.75%), Copper: 0.15mg (7.34%), Vitamin K: 7.32µg (6.97%), Iron: 1.23mg (6.85%), Vitamin E: 0.98mg (6.53%), Calcium: 64.16mg (6.42%), Magnesium: 22.11mg (5.53%), Folate: 22.03µg (5.51%), Fiber: 1.22g (4.88%), Selenium: 3.1µg (4.43%), Vitamin B1: 0.06mg (4.32%), Vitamin B3: 0.82mg (4.11%), Zinc: 0.44mg (2.95%), Potassium: 90.71mg (2.59%), Vitamin B5: 0.14mg (1.36%)