

## Vanilla Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 9  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 194</b>	Calories from Fat 99
% Daily Value*	
<b>Total Fat</b> 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 3g	12%
Sugars 15g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
194	11g 35%	4g 13%	16g 52%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chocolate Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 9  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 157</b>	Calories from Fat 81
% Daily Value*	
<b>Total Fat</b> 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 2g	8%
Sugars 15g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
157	9g 31%	4g 14%	16g 55%	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Vegan Chocolate Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 9  
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 182</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 3g	12%
Sugars 13g	
<b>Protein</b> 5g	10%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
182	10g 32%	5g 16%	16g 52%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Strawberry Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 141</b>	Calories from Fat 36
% Daily Value*	
<b>Total Fat</b> 4g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 3g	12%
Sugars 17g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
141	4g 14%	4g 14%	20g 71%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Marble Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 176</b>	Calories from Fat 72
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 2g	8%
Sugars 19g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
176	8g 24%	4g 12%	21g 64%	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Red Velvet Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 9  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 141</b>	Calories from Fat 54
% Daily Value*	
<b>Total Fat</b> 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 3g	12%
Sugars 15g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
141	6g 23%	4g 15%	16g 62%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Chocolate Chip Mini Cupcakes

Nutrition Facts

Serving Size: 1 Mini Cupcake

Servings per Recipe: 36

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 64

Calories from Fat 36

% Daily Value\*

Total Fat 4g

6%

Saturated Fat 1g

5%

Trans Fat 0g

Total Carbohydrate 7g

2%

Dietary Fiber 1g

4%

Sugars 5g

Protein 1g

2%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
64	4g	1g	6g	1g
	36%	9%	55%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Triple Chocolate Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 9  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 189**      **Calories from Fat 72**

% Daily Value\*

**Total Fat** 8g      12%

Saturated Fat 5g      25%

Trans Fat 0g

**Total Carbohydrate** 30g      10%

Dietary Fiber 3g      12%

Sugars 24g

**Protein** 3g      6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
189	8g 21%	3g 8%	27g 71%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Mocha Chip Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 169**      **Calories from Fat 63**

% Daily Value\*

**Total Fat** 7g      11%

Saturated Fat 4g      20%

Trans Fat 0g

**Total Carbohydrate** 29g      10%

Dietary Fiber 3g      12%

Sugars 22g

**Protein** 3g      6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
169	7g 19%	3g 8%	26g 72%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chocolate Peanut Butter Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 9  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 279**      **Calories from Fat 174**

% Daily Value\*

**Total Fat** 16g      25%

Saturated Fat 3g      15%

Trans Fat 0g

**Total Carbohydrate** 28g      9%

Dietary Fiber 4g      16%

Sugars 23g

**Protein** 8g      16%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
279	16g 33%	8g 17%	24g 50%	4g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cookie Surprise Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 10  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 183**      **Calories from Fat 72**

% Daily Value\*

**Total Fat** 8g      12%

Saturated Fat 3g      15%

Trans Fat 0g

**Total Carbohydrate** 24g      8%

Dietary Fiber 3g      12%

Sugars 19g

**Protein** 5g      10%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
183	8g 24%	5g 15%	21g 62%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chocolate Banana Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 12  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 105**      **Calories from Fat 27**

% Daily Value\*

**Total Fat** 3g      5%

Saturated Fat 1g      5%

Trans Fat 0g

**Total Carbohydrate** 19g      6%

Dietary Fiber 3g      12%

Sugars 13g

**Protein** 3g      6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
105	3g 14%	3g 14%	16g 72%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Almond Fudge Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 12  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 198**      **Calories from Fat 108**

% Daily Value\*

**Total Fat** 12g      18%

Saturated Fat 3g      15%

Trans Fat 0g

**Total Carbohydrate** 20g      7%

Dietary Fiber 3g      12%

Sugars 15g

**Protein** 5g      10%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
198	12g 35%	5g 15%	17g 50%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

## Fallen Chocolate Souffle Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

Calories 272      Calories from Fat 126

% Daily Value\*

**Total Fat** 14g 22%

Saturated Fat 5g 25%

Trans Fat 0g

**Total Carbohydrate** 36g 12%

Dietary Fiber 3g 12%

Sugars 30g

**Protein** 4g 8%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
272	14g 27%	4g 8%	33g 65%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## White Chocolate Cherry Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 11

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

Calories 212      Calories from Fat 72

% Daily Value\*

**Total Fat** 8g 12%

Saturated Fat 6g 30%

Trans Fat 0g

**Total Carbohydrate** 32g 11%

Dietary Fiber 2g 8%

Sugars 26g

**Protein** 3g 6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
212	8g 20%	3g 7%	30g 73%	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Flourless Chocolate Coconut Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

Calories 257      Calories from Fat 144

% Daily Value\*

**Total Fat** 16g 25%

Saturated Fat 11g 55%

Trans Fat 0g

**Total Carbohydrate** 31g 10%

Dietary Fiber 3g 12%

Sugars 23g

**Protein** 3g 6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
257	16g 34%	3g 6%	28g 60%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Flourless Chocolate Hazelnut Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 10

Allergy Information: Dairy Free, Gluten Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

Calories 289      Calories from Fat 171

% Daily Value\*

**Total Fat** 19g 29%

Saturated Fat 8g 40%

Trans Fat 0g

**Total Carbohydrate** 28g 9%

Dietary Fiber 4g 16%

Sugars 21g

**Protein** 3g 6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
289	19g 41%	3g 7%	24g 52%	4g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Flourless White Chocolate Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

Calories 225      Calories from Fat 135

% Daily Value\*

**Total Fat** 15g 23%

Saturated Fat 8g 40%

Trans Fat 0g

**Total Carbohydrate** 21g 7%

Dietary Fiber 1g 4%

Sugars 18g

**Protein** 4g 8%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
225	15g 38%	4g 10%	20g 51%	1g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary



## Blueberry Lemon Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 12  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 172</b>	Calories from Fat 99
% Daily Value*	
<b>Total Fat</b> 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Total Carbohydrate</b> 16g	5%
Dietary Fiber 2g	8%
Sugars 12g	
<b>Protein</b> 3g	6%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
172	11g 39%	3g 11%	14g 50%	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cranberry Apricot Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 10  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 226</b>	Calories from Fat 108
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 3g	12%
Sugars 21g	
<b>Protein</b> 6g	12%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
226	12g 31%	6g 15%	21g 54%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Vanilla Fig Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 10  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 234</b>	Calories from Fat 126
% Daily Value*	
<b>Total Fat</b> 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 3g	12%
Sugars 20g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
234	14g 34%	4g 10%	23g 56%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Raspberry Cheesecake Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 12  
Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 215</b>	Calories from Fat 117
% Daily Value*	
<b>Total Fat</b> 13g	20%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 2g	8%
Sugars 18g	
<b>Protein</b> 6g	12%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
215	13g 35%	6g 16%	18g 49%	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Pina Colada Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 10  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 348</b>	Calories from Fat 198
% Daily Value*	
<b>Total Fat</b> 22g	34%
Saturated Fat 18g	90%
Trans Fat 0g	
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber 3g	12%
Sugars 32g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
348	22g 37%	4g 7%	33g 56%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Coconut Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 9  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 307</b>	Calories from Fat 198
% Daily Value*	
<b>Total Fat</b> 22g	34%
Saturated Fat 19g	95%
Trans Fat 0g	
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 4g	16%
Sugars 20g	
<b>Protein</b> 5g	10%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
307	22g 46%	5g 10%	21g 44%	4g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Lime Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 10  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 233

Calories from Fat 144

% Daily Value\*

Total Fat 16g

25%

Saturated Fat 3g

15%

Trans Fat 0g

Total Carbohydrate 17g

6%

Dietary Fiber 3g

12%

Sugars 13g

Protein 4g

8%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
233	16g	4g	14g	3g
	47%	12%	41%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Orange Rosemary Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 11  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 209

Calories from Fat 135

% Daily Value\*

Total Fat 15g

23%

Saturated Fat 2g

10%

Trans Fat 0g

Total Carbohydrate 16g

5%

Dietary Fiber 2g

8%

Sugars 12g

Protein 4g

8%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
209	15g	4g	14g	2g
	45%	12%	42%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cinnamon Crumb Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 10  
Allergy Information: Dairy Free, Gluten Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

**Calories 251**      **Calories from Fat 135**

% Daily Value\*

<b>Total Fat</b>	15g	23%
Saturated Fat	2g	10%
Trans Fat	0g	

<b>Total Carbohydrate</b>	24g	8%
Dietary Fiber	4g	16%
Sugars	20g	

<b>Protein</b>	7g	14%
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## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
251	15g 36%	7g 17%	20g 48%	4g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Apple Spice Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 10  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

**Calories 163**      **Calories from Fat 72**

% Daily Value\*

<b>Total Fat</b>	8g	12%
Saturated Fat	2g	10%
Trans Fat	0g	

<b>Total Carbohydrate</b>	20g	7%
Dietary Fiber	3g	12%
Sugars	14g	

<b>Protein</b>	3g	6%
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## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
163	8g 29%	3g 11%	17g 61%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Zucchini Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

**Calories 182**      **Calories from Fat 63**

% Daily Value\*

<b>Total Fat</b>	7g	11%
Saturated Fat	2g	10%
Trans Fat	0g	

<b>Total Carbohydrate</b>	26g	9%
Dietary Fiber	2g	8%
Sugars	20g	

<b>Protein</b>	5g	10%
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## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
182	7g 19%	5g 14%	24g 67%	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Pecan Pie Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 11  
Allergy Information: Dairy Free, Gluten Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

**Calories 185**      **Calories from Fat 126**

% Daily Value\*

<b>Total Fat</b>	14g	22%
Saturated Fat	2g	10%
Trans Fat	0g	

<b>Total Carbohydrate</b>	12g	4%
Dietary Fiber	3g	12%
Sugars	7g	

<b>Protein</b>	5g	10%
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## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
185	14g 50%	5g 18%	9g 32%	3g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Pumpkin Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 12  
Allergy Information: Dairy Free, Gluten Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

**Calories 173**      **Calories from Fat 90**

% Daily Value\*

<b>Total Fat</b>	10g	15%
Saturated Fat	1g	5%
Trans Fat	0g	

<b>Total Carbohydrate</b>	17g	6%
Dietary Fiber	2g	8%
Sugars	11g	

<b>Protein</b>	4g	8%
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## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
173	10g 34%	4g 14%	15g 52%	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Ginger "Molasses" Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake  
Servings per Recipe: 10  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
Vegetarian, Wheat Free

Amount per Serving

**Calories 182**      **Calories from Fat 126**

% Daily Value\*

<b>Total Fat</b>	14g	22%
Saturated Fat	2g	10%
Trans Fat	0g	

<b>Total Carbohydrate</b>	12g	4%
Dietary Fiber	2g	8%
Sugars	6g	

<b>Protein</b>	3g	6%
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## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
182	14g 52%	3g 11%	10g 37%	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

## Honey Walnut Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
 Servings per Recipe: 8  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 240**      **Calories from Fat 162**

% Daily Value\*

<b>Total Fat</b>	18g	<b>28%</b>
Saturated Fat	2g	<b>10%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	16g	<b>5%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	13g	

**Protein** 7g **14%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
240	18g	7g	13g	3g
	<b>47%</b>	<b>18%</b>	<b>34%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Almond Poppy Seed Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
 Servings per Recipe: 10  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 151**      **Calories from Fat 72**

% Daily Value\*

<b>Total Fat</b>	8g	<b>12%</b>
Saturated Fat	1g	<b>5%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	15g	<b>5%</b>
Dietary Fiber	2g	<b>8%</b>
Sugars	13g	

**Protein** 5g **10%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
151	8g	5g	13g	2g
	<b>31%</b>	<b>19%</b>	<b>50%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Banana Pecan Cupcakes

### Nutrition Facts

Serving Size: 1 Cupcake  
 Servings per Recipe: 9  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving

**Calories 196**      **Calories from Fat 117**

% Daily Value\*

<b>Total Fat</b>	13g	<b>20%</b>
Saturated Fat	7g	<b>35%</b>
Trans Fat	0g	

<b>Total Carbohydrate</b>	19g	<b>6%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	9g	

**Protein** 4g **8%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
196	13g	4g	16g	3g
	<b>39%</b>	<b>12%</b>	<b>48%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary



## German Chocolate Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 9

Allergy Information: Gluten Free, Soy Free, Vegetarian,  
Wheat Free

Amount per Serving

Calories 598      Calories from Fat 405

% Daily Value\*

Total Fat 45g 69%

Saturated Fat 22g 110%

Trans Fat 0g

Total Carbohydrate 52g 17%

Dietary Fiber 6g 24%

Sugars 41g

Protein 6g 12%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
598	45g	6g	46g	6g
	46%	6%	47%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Black Forest Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 9

Allergy Information: Gluten Free, Nut Free, Soy Free, Vegetarian,  
Wheat Free

Amount per Serving

Calories 513      Calories from Fat 324

% Daily Value\*

Total Fat 36g 55%

Saturated Fat 18g 90%

Trans Fat 0g

Total Carbohydrate 45g 15%

Dietary Fiber 4g 16%

Sugars 35g

Protein 7g 14%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
513	36g	7g	41g	4g
	43%	8%	49%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Baseball Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 9

Allergy Information: Gluten Free, Nut Free, Soy Free, Vegetarian,  
Wheat Free

Amount per Serving

Calories 341      Calories from Fat 225

% Daily Value\*

Total Fat 25g 38%

Saturated Fat 11g 55%

Trans Fat 0g

Total Carbohydrate 26g 9%

Dietary Fiber 2g 8%

Sugars 23g

Protein 6g 12%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
341	25g	6g	24g	2g
	45%	11%	44%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cream-Filled Chocolate Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 9

Allergy Information: Gluten Free, Nut Free, Soy Free, Vegetarian,  
Wheat Free

Amount per Serving

Calories 389      Calories from Fat 216

% Daily Value\*

Total Fat 24g 37%

Saturated Fat 12g 60%

Trans Fat 0g

Total Carbohydrate 41g 14%

Dietary Fiber 4g 16%

Sugars 33g

Protein 5g 10%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
389	24g	5g	37g	4g
	36%	8%	56%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Banana Split Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 8

Allergy Information: Gluten Free, Nut Free, Soy Free, Vegetarian,  
Wheat Free

Amount per Serving

Calories 495      Calories from Fat 288

% Daily Value\*

Total Fat 32g 49%

Saturated Fat 20g 100%

Trans Fat 0g

Total Carbohydrate 51g 17%

Dietary Fiber 5g 20%

Sugars 37g

Protein 5g 10%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
495	32g	5g	46g	5g
	39%	6%	55%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Ice Cream Cone Cupcakes

## Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 10

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian,  
Wheat Free

Amount per Serving

Calories 410      Calories from Fat 261

% Daily Value\*

Total Fat 29g 45%

Saturated Fat 11g 55%

Trans Fat 0g

Total Carbohydrate 36g 12%

Dietary Fiber 3g 12%

Sugars 30g

Protein 3g 6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
410	29g	3g	33g	3g
	44%	5%	51%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Independence Day Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 9

Allergy Information: Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 303

Calories from Fat 189

% Daily Value\*

Total Fat 21g

Saturated Fat 9g

Trans Fat 0g

Total Carbohydrate 25g

Dietary Fiber 3g

Sugars 20g

Protein 5g

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
303	21g	5g	22g	3g
	44%	10%	46%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Halloween Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 9

Allergy Information: Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 363

Calories from Fat 234

% Daily Value\*

Total Fat 26g

Saturated Fat 13g

Trans Fat 0g

Total Carbohydrate 26g

Dietary Fiber 2g

Sugars 23g

Protein 5g

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
363	26g	5g	24g	2g
	47%	9%	44%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Valentine's Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 9

Allergy Information: Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 529

Calories from Fat 324

% Daily Value\*

Total Fat 36g

Saturated Fat 19g

Trans Fat 0g

Total Carbohydrate 53g

Dietary Fiber 5g

Sugars 42g

Protein 5g

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
529	36g	5g	48g	5g
	40%	6%	54%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Scallion Goat Cheese Cupcakes

## Nutrition Facts

Serving Size: 1 Muffin

Servings per Recipe: 10

Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 211      Calories from Fat 162

% Daily Value\*

Total Fat 18g      28%

Saturated Fat 4g      20%

Trans Fat 0g

Total Carbohydrate 4g      1%

Dietary Fiber 2g      8%

Sugars 1g

Protein 9g      18%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
211	18g	9g	2g	2g
	62%	31%	7%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Garlic Cheddar Muffins

## Nutrition Facts

Serving Size: 1 Muffin

Servings per Recipe: 9

Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 252      Calories from Fat 198

% Daily Value\*

Total Fat 22g      34%

Saturated Fat 7g      35%

Trans Fat 0g

Total Carbohydrate 2g      1%

Dietary Fiber 2g      8%

Sugars 1g

Protein 12g      24%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
252	22g	12g	0g	2g
	65%	35%	0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Spinach Feta Muffins

## Nutrition Facts

Serving Size: 1 Muffin

Servings per Recipe: 12

Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 195      Calories from Fat 153

% Daily Value\*

Total Fat 17g      26%

Saturated Fat 4g      20%

Trans Fat 0g

Total Carbohydrate 4g      1%

Dietary Fiber 2g      8%

Sugars 1g

Protein 7g      14%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
195	17g	7g	2g	2g
	65%	27%	8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Parmesan Muffins

## Nutrition Facts

Serving Size: 1 Muffin

Servings per Recipe: 11

Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 218      Calories from Fat 162

% Daily Value\*

Total Fat 18g      28%

Saturated Fat 4g      20%

Trans Fat 0g

Total Carbohydrate 2g      1%

Dietary Fiber 2g      8%

Sugars 1g

Protein 11g      22%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
218	18g	11g	0g	2g
	62%	38%	0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Chive Pepper Muffins

## Nutrition Facts

Serving Size: 1 Muffin

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 298      Calories from Fat 189

% Daily Value\*

Total Fat 21g      32%

Saturated Fat 3g      15%

Trans Fat 0g

Total Carbohydrate 16g      5%

Dietary Fiber 10g      40%

Sugars 6g

Protein 17g      34%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
298	21g	17g	6g	10g
	48%	39%	14%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Breakfast Bran Muffins

## Nutrition Facts

Serving Size: 1 Muffin

Servings per Recipe: 11

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 252      Calories from Fat 162

% Daily Value\*

Total Fat 18g      28%

Saturated Fat 3g      15%

Trans Fat 0g

Total Carbohydrate 20g      7%

Dietary Fiber 5g      20%

Sugars 14g

Protein 10g      20%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
252	18g	10g	15g	5g
	42%	23%	35%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

**Vegan Chocolate Frosting****Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 5

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 399**      **Calories from Fat 270**

% Daily Value\*

**Total Fat** 30g      **46%**Saturated Fat 17g      **85%**

Trans Fat 0g

**Total Carbohydrate** 35g      **12%**Dietary Fiber 2g      **8%**

Sugars 28g

**Protein** 0g      **0%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
399	30g <b>48%</b>	0g <b>0%</b>	33g <b>52%</b>	2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Chocolate Ganache****Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 3

Allergy Information: Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 706**      **Calories from Fat 486**

% Daily Value\*

**Total Fat** 54g      **83%**Saturated Fat 35g      **175%**

Trans Fat 0g

**Total Carbohydrate** 66g      **22%**Dietary Fiber 7g      **28%**

Sugars 44g

**Protein** 1g      **2%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
706	54g <b>47%</b>	1g <b>1%</b>	59g <b>52%</b>	7g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Whipped Cream Frosting****Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 8

Allergy Information: Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 118**      **Calories from Fat 99**

% Daily Value\*

**Total Fat** 11g      **17%**Saturated Fat 7g      **35%**

Trans Fat 0g

**Total Carbohydrate** 5g      **2%**Dietary Fiber 0g      **0%**

Sugars 5g

**Protein** 1g      **2%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
118	11g <b>65%</b>	1g <b>6%</b>	5g <b>29%</b>	0g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Banana Whipped Cream Frosting****Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 12

Allergy Information: Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 96**      **Calories from Fat 63**

% Daily Value\*

**Total Fat** 7g      **11%**Saturated Fat 5g      **25%**

Trans Fat 0g

**Total Carbohydrate** 8g      **3%**Dietary Fiber 0g      **0%**

Sugars 6g

**Protein** 1g      **2%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
96	7g <b>44%</b>	1g <b>6%</b>	8g <b>50%</b>	0g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**Vegan Coconut Whip****Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 8

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 170**      **Calories from Fat 126**

% Daily Value\*

**Total Fat** 14g      **22%**Saturated Fat 12g      **60%**

Trans Fat 0g

**Total Carbohydrate** 9g      **3%**Dietary Fiber 0g      **0%**

Sugars 9g

**Protein** 1g      **2%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
170	14g <b>58%</b>	1g <b>4%</b>	9g <b>38%</b>	0g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

**White Chocolate Frosting****Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 556**      **Calories from Fat 387**

% Daily Value\*

**Total Fat** 43g      **66%**Saturated Fat 29g      **145%**

Trans Fat 0g

**Total Carbohydrate** 43g      **14%**Dietary Fiber 0g      **0%**

Sugars 43g

**Protein** 0g      **0%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
556	43g <b>50%</b>	0g <b>0%</b>	43g <b>50%</b>	0g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary



## Vegan Buttercream

### Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 7

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 325**      **Calories from Fat 216**

% Daily Value\*

**Total Fat** 24g      **37%**
Saturated Fat 10g      **50%**

Trans Fat 0g

**Total Carbohydrate** 28g      **9%**
Dietary Fiber 0g      **0%**

Sugars 28g

**Protein** 0g      **0%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
325	24g	0g	28g	0g
	<b>46%</b>	<b>0%</b>	<b>54%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Cream Cheese Frosting

### Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 8

Allergy Information: Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 208**      **Calories from Fat 153**

% Daily Value\*

**Total Fat** 17g      **26%**
Saturated Fat 11g      **55%**

Trans Fat 0g

**Total Carbohydrate** 10g      **3%**
Dietary Fiber 0g      **0%**

Sugars 10g

**Protein** 2g      **4%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
208	17g	2g	10g	0g
	<b>59%</b>	<b>7%</b>	<b>34%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Orange Cream Cheese Frosting

### Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 5

Allergy Information: Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 371**      **Calories from Fat 306**

% Daily Value\*

**Total Fat** 34g      **52%**
Saturated Fat 21g      **105%**

Trans Fat 0g

**Total Carbohydrate** 15g      **5%**
Dietary Fiber 0g      **0%**

Sugars 14g

**Protein** 3g      **6%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
371	34g	3g	15g	0g
	<b>65%</b>	<b>6%</b>	<b>29%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Meringue Frosting

### Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 28**      **Calories from Fat 0**

% Daily Value\*

**Total Fat** 0g      **0%**
Saturated Fat 0g      **0%**

Trans Fat 0g

**Total Carbohydrate** 6g      **2%**
Dietary Fiber 0g      **0%**

Sugars 6g

**Protein** 1g      **2%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
28	0g	1g	6g	0g
	<b>0%</b>	<b>14%</b>	<b>86%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Strawberry Meringue Frosting

### Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 29**      **Calories from Fat 0**

% Daily Value\*

**Total Fat** 0g      **0%**
Saturated Fat 0g      **0%**

Trans Fat 0g

**Total Carbohydrate** 6g      **2%**
Dietary Fiber 0g      **0%**

Sugars 6g

**Protein** 1g      **2%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
29	0g	1g	6g	0g
	<b>0%</b>	<b>14%</b>	<b>86%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## Vegan Coconut Frosting

### Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 8

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 314**      **Calories from Fat 252**

% Daily Value\*

**Total Fat** 28g      **43%**
Saturated Fat 24g      **120%**

Trans Fat 0g

**Total Carbohydrate** 19g      **6%**
Dietary Fiber 0g      **0%**

Sugars 16g

**Protein** 0g      **0%**

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
314	28g	0g	19g	0g
	<b>60%</b>	<b>0%</b>	<b>40%</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary



Chocolate Dirt

Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 2

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 280

Calories from Fat 162

% Daily Value\*

Total Fat 18g

28%

Saturated Fat 12g

60%

Trans Fat 0g

Total Carbohydrate 36g

12%

Dietary Fiber 4g

16%

Sugars 24g

Protein 0g

0%

Macronutrient Ratios (per serving)

Calories

280

Fat

18g

36%

Protein

0g

0%

Net Carbs

32g

64%

Fiber

4g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Coconut Pecan Filling

Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 261

Calories from Fat 189

% Daily Value\*

Total Fat 21g

32%

Saturated Fat 10g

50%

Trans Fat 0g

Total Carbohydrate 19g

6%

Dietary Fiber 2g

8%

Sugars 17g

Protein 2g

4%

Macronutrient Ratios (per serving)

Calories

216

Fat

21g

53%

Protein

2g

5%

Net Carbs

17g

43%

Fiber

2g

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.