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

Calories 194	Calories from Fat 99
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%

 Sugars
 15g

 Protein
 4g
 8%

Macronutrient Ratios (per serving)

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

*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

Protein 4g

Calories 157	Calories from Fat 81
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 15g	

Macronutrient Ratios (per serving)

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

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.

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

Calories 182	Calories from Fat 90
	% Daily Value
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 5g	10%

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

*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 Serv	ring			
Calories 1	41	1	Calories fro	m Fat 36
				% Daily Value*
Total Fat	4g			10%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Carl	ohydrate	e 23g		8%
Dietary Fib	Dietary Fiber 3g 1			12%
Sugars 1	7g			
Protein 4	1 g			8%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
141	4g	4g	20g	3g
	14%	14%	71%	

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

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

Calories 1	Calories from Fat 73			m Fat 72
				% Daily Value*
Total Fat	8g			12%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Carl	ohydrat	e 23g		8%
Dietary Fib	er 2g			8%
Sugars 1	9g			
Protein 4	lg			8%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
176	8g	4g	21g	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 Serv	ing			
Calories 1	.41	(Calories fro	m Fat 54
				% Daily Value*
Total Fat	6g			9%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Carl	ohydrat	e 19g		6%
Dietary Fib	Dietary Fiber 3g 129			12%
Sugars 1	5g			
Protein 4	lg			8%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
141	6g	4g	16g	3g
	23%	15%	62%	

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 Calories 64 Calories from Fat 36 % Daily Value* Total Fat 4g Saturated Fat 1g 5% Total Carbohydrate 7g 2% 4% Dietary Fiber 1g 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 Cupcak 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

Macronutrient Ratios (per serving)

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

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

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

6%

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)

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

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

Chocolate Peanut Butter Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake Servings per Recipe: 9

Allergy Information: Dairy Free, Gluten Free, Soy 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 2	.8g 9 %					
Dietary Fiber 4g	16%					
Sugars 23g						
Protein 8g	16%					

Macronutrient Ratios (per serving)

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

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

Cookie Surprise Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 10 Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Total Fat 8g Saturated Fat 3g Trans Fat 0g	Calories fro	% Daily Value*	
Saturated Fat 3g Trans Fat 0g		, , , , , , , , , , , , , , , , , , , ,	
Saturated Fat 3g Trans Fat 0g			
Trans Fat 0g		12%	
		15%	
Total Carbabadeata 84			
Total Carbohydrate 24g		8%	
Dietary Fiber 3g 12%			
Sugars 19g			
Protein 5g		10%	
Macronutrient Ratios (per s	erving)		
Calories Fat Protein	Net Carbs	Fiber	
183 8g 5g	21g	3g	
24% 15%	62%		

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

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

105

Amount per Serving Calories 105 Calories from Fat 27 % Daily Value Total Fat 3g Saturated Fat 1g 5% Trans Fat 0g Total Carbohydrate 19g 6% 12% Dietary Fiber 3g Sugars 13g Protein 6% **Macronutrient Ratios (per serving)** Calories Protein Net Carbs Fiber

14% 14% 72% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

3g

16g

3g

3g

Almond Fudge Cupcakes

Nutrition Facts

Serving Size: 1 Cupcak

Servings per Recipe: 12 Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serv	ring		•	
Calories 1	.98	С	alories fron	n Fat 108
				% Daily Value*
Total Fat	12g			18%
Saturated	Fat 3g			15%
Trans Fat	0g			
Total Carl	ohydrate	2 0g		7%
Dietary Fib	er 3g			12%
Sugars 1	5g			
Protein 5	5g			10%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
198	12g	5g	17g	3g
	35%	15%	50%	

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

Protein 4g 8%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 272
 14g
 4g
 33g
 3g

 27%
 8%
 65%

*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

 Total Fat
 8g
 12%

 Saturated Fat
 6g
 30%

 7rans Fat
 0g
 0

 Total Carbohydrate
 32g
 11%

 Dietary Fiber
 2g
 8%

 Sugars
 26g
 8%

Protein 3g

 Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 212
 8g
 3g
 30g
 2g

 20%
 7%
 73%

6%

*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	10%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 3g	6%

Macronutrient Ratios (per serving)

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

*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

19g

41%

289

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%

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

Protein

3g

7%

Net Carbs

24g

52%

Fiber

4g

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 1			n Fat 135		
				% Daily Value*	
Total Fat	15g			23%	
Saturated	Fat 8g		409		
Trans Fat	0g				
Total Carl	bohydrate	21g		7%	
Dietary Fil	ber 1g			4%	
Sugars 1	.8g				
Protein	4g			8%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
225	15g 38%	4g 10%	20g 51%	1g	

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

 Calories 172
 Calories from Fat 99

 **Daily Value*

 Total Fat
 11g
 17%

 Saturated Fat
 2g
 10%

 Total Carbohydrate
 16g
 5%

 Dietary Fiber
 2g
 8%

 Sugars
 12g

Protein ^{3g}

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 172
 11g
 3g
 14g
 2g

 39%
 11%
 50%

*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

6%

Protein 6g 12%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 226
 12g
 6g
 21g
 3g

 31%
 15%
 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.

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

Protein 4g 8%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 234
 14g
 4g
 23g
 3g

 34%
 10%
 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.

Raspberry Cheesecake Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake

Servings per Recipe: 12 Allergy Information: Gluten Free, Soy Free, Vegetarian,

Wheat Free

mount per Serving

Amount per ser	villy			
Calories 2	215	С	alories fron	n Fat 117
				% Daily Value*
Total Fat	13g			20%
Saturated	Fat 4g			20%
Trans Fat	0g			
Total Carl	bohydrate	20g		7%
Dietary Fil	ber 2g			8%
Sugars 1	.8g			
Protein	6g			12%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
215	13a	6a	18g	2g

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

16%

49%

35%

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

Calories 348 Calories from F	
	% Daily Value*
Total Fat 22g	34%
Saturated Fat 18g	90%
Trans Fat 0g	
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 32g	
Protein 4g	8%

Macronutrient Ratios (per serving)

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

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

Calories 307 Calories from Fat 198 % Daily Value Total Fat 22g 95% Saturated Fat 19d Trans Fat 0g Total Carbohydrate 25g Dietary Fiber 4g 16% Sugars 20g 10% Protein 5g Macronutrient Ratios (per serving) Fiber 307 22g 5g 21g 4g

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

10%

44%

46%

Lime Cupcakes

Nutrition Facts Serving Size: 1 Cupcake

Servings per Recipe: 10

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

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)

		(1	٥,	
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

Orange Rosemary Cupcakes

Nutrition Facts

Serving Size: 1 Cupcake Servings per Recipe: 11

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

Protein 4g

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	

Macronutrient Ratios (per serving)

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

8%

Cinnamon Crumb Cupcakes

Nutrition Facts

Serving Size: 1 Cupcal Servings per Recipe: 10

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

Vegetarian, Wheat Free

Protein 7g

Calories 251 Calories from Fat 135 % Daily Value 23% Total Fat 15g Saturated Fat 2g 10% Total Carbohydrate 24g 8% 16% Dietary Fiber Sugars 20g

36%

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 251 15g 7g 20g 4g

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

17%

48%

Apple Spice Cupcakes

Nutrition Facts

Serving Size: 1 Cupcak Servings per Recipe: 10

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

Amount per Serving

14%

Calories 163 Calories from Fat 72 % Daily Value Total Fat 8g Saturated Fat 2g 10% Total Carbohydrate 20g 7% 12% Dietary Fiber Sugars 14g

Protein 3g 6%

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 163 8g 3g 17g 3g 29% 11% 61%

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

Zucchini Cupcakes

Nutrition Facts

Serving Size: 1 Cupcak 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 Total Fat 7g 10% Saturated Fat 2g Total Carbohydrate 26g 8% Dietary Fiber Sugars 20g Protein 5g 10% Macronutrient Ratios (per serving)

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

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

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 Ser	ving			
Calories :	185	С	alories fron	n Fat 126
				% Daily Value*
Total Fat	14g			22%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Car	bohydrat	e 12g		4%
Dietary Fi	ber 3g	er 3g 12%		
Sugars	7g			
Protein	5g			10%
Macronut	trient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
185	14g 50 %	5g 18%	9g 32%	3g
	3370	1370	3270	

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

Pumpkin Cupcakes

Nutrition Facts

Serving Size: 1 Cupcak Servings per Recipe: 12

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

Vegetarian, Wheat Free

Amount per Serving

173

Calories 173 Calorie			Calories fron	es from Fat 90	
			%	Daily Value*	
Total Fat 10g				15%	
Saturated Fat 1g]			5%	
Trans Fat 0g					
Total Carbohyd	Irate	17g		6%	
Dietary Fiber 2g	J			8%	
Sugars 11g					
Protein 4g				8%	
Macronutrient l	Ratio	s (per s	erving)		
Calories Fat		Protein	Net Carbs	Fiber	

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

4g

14%

15g

52%

2g

10g

34%

Ginger "Molasses" Cupcakes

Nutrition Facts

Serving Size: 1 Cupcak Servings per Recipe: 10

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

Vegetarian, Wheat Free

Amount per Serv	ing			
Calories 1	.82	С	alories from	n Fat 126
				% Daily Value
Total Fat	14g			22%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Carl	ohydrate	e 12g		4%
Dietary Fil	er 2g			8%
Sugars 6	Sg .			
Protein 3	3g			6%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
182	14g	3g	10g	2g
	52 %	11%	37%	

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*
Total Fat 18g	28%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 7g	14%

Macronutrient Ratios (per serving)

		AND DESCRIPTION OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TWO I		
Calories	Fat	Protein	Net Carbs	Fiber
240	18g	7g	13g	3g
	47%	18%	34%	

*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

Calories 151	Calories from Fat 72
	% Daily Value
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 5g	10%

Macronutrient Ratios (per serving)

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

*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	Ca	alories fror	n Fat 117
			% Daily Value*
Total Fat 13g			20%
Saturated Fat 7g	35%		
Trans Fat 0g			
Total Carbohydrate	19g		6%
Dietary Fiber 3g			12%
Sugars 9g			
Protein 4g			8%
Macronutrient Ratio	s (per s	erving)	
Calories Fat	Protein	Net Carbs	Fiber
196 13g	4g	16g	3g

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

12%

48%

39%

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

Sugars 41g

Protein 6g

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%

Manager to the State of the Sta

Macronut	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

12%

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,

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 3	889	C	Calories fror	n Fat 216
				% Daily Value*
Total Fat	24g			37%
Saturated	Fat 12g			60%
Trans Fat	0g			
Total Carl	ohydrate	e 41g		14%
Dietary Fil	er 4g			16%
Sugars 3	3g			
Protein 5	5g			10%
Macronut	rient Rati	os (per s	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 4	495	C	alories fror	n Fat 288
				% Daily Value*
Total Fat	32g			49%
Saturated	Fat 20g			100%
Trans Fat	0g			
Total Car	bohydrate	9 51g		17%
Dietary Fi	ber 5g			20%
Sugars 3	37g			
Protein	5g			10%
Macronut	rient Rati	os (per s	erving)	
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 Serv	ring			
Calories 4	110	С	alories fron	n Fat 261
				% Daily Value*
Total Fat	29g			45%
Saturated	Fat 11g			55%
Trans Fat	0g			
Total Carl	ohydrate	3 6g		12%
Dietary Fil	er 3g			12%
Sugars 3	0g			
Protein	3g			6%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
410	29g	3g	33g	3g
	44%	5%	51%	_

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

 My Daily Value*

 Total Fat
 21g
 32%

 Saturated Fat
 9g
 45%

 Trans Fat
 0g
 0g

 Total Carbohydrate
 25g
 8%

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 from Fat 234

 Total Fat | 26g | 40%

 Saturated Fat | 13g | 65%

 Trans Fat | 0g

 Total Carbo+ydrate | 26g | 9%

 Dietary Fiber | 2g | 8%

 Sugars | 23g | 23

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,

Vheat Free

10%

Dietary Fiber 5g 20%
Sugars 42g

Protein 5g 10%

Macronutrient Ratios (per serving)

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

Savory Treats Pages 84-90

Scallion Goat Cheese Cupcakes

Nutrition Facts

Serving Size: 1 Muffin Servings per Recipe: 10

Allergy Information: Gluten Free, Soy Free, Vegetarian,

Amount per Serving

Calories 211 Calories from Fat 162 % Daily Value Total Fat 18g Saturated Fat 4g 20%

Total Carbohydrate 4g 1% Dietary Fiber 20 8%

Sugars 1g Protein 9g 18%

Macronutrient Ratios (per serving)

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

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

Garlic Cheddar Muffins

Nutrition Facts

Serving Size: 1 Muffin Servings per Recipe: 9

Allergy Information: Gluten Free, Soy Free, Vegetarian,

Amount per Serving

Sugars 1g

Calories 252 Calories from Fat 198 % Daily Value Total Fat 22g Saturated Fat 7g 35% Trans Fat 0g Total Carbohydrate 2g 1% Dietary Fiber 2g 8%

Protein 12g 24%

Macronutrient Ratios (per serving)

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

Spinach Feta Muffins

Nutrition Facts

Serving Size: 1 Muffin Servings per Recipe: 12

Allergy Information: Gluten Free, Soy Free, Vegetarian,

Amount per Serving

Calories 195 Calories from Fat 153 % Daily Value Total Fat 17g Saturated Fat 4g 20%

Total Carbohydrate 4g 1% Dietary Fiber 8% Sugars 1g

Protein 7g 14%

Macronutrient Ratios (per serving)

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

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

Parmesan Muffins

Nutrition Facts

Serving Size: 1 Muffin

Servings per Recipe: 11

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

mount per Serving

Sugars 1g

Protein 11g

Calories 218 Calories from Fat 162 % Daily Value Total Fat 18g Saturated Fat 40 20% Trans Fat 0g Total Carbohydrate 2g 1% Dietary Fiber 2g 8%

Macronutrient Ratios (per serving)

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

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

Chive Pepper Muffins

Nutrition Facts

Serving Size: 1 Muffir Servings per Recipe: 8

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

Vegetarian, Wheat Free

Amount per Serving

22%

Calories 298 Calories from Fat 189 % Daily Value Total Fat 21g Saturated Fat 30 15% Trans Fat 0g Total Carbohydrate 16g 5% Dietary Fiber 10g 40% Sugars 6g 34% Protein 17g Macronutrient Ratios (per serving)

Calories 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

Breakfast Bran Muffins

Nutrition Facts

Serving Size: 1 Muffir Servings per Recipe: 11

mount per Serving

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

Vegetarian, Wheat Free

Calories 252 Calories from Fat 162 % Daily Value Total Fat 18g Saturated Fat 30 15% Trans Fat 0g Total Carbohydrate 20g 7% Dietary Fiber 20% Sugars 14g 20% Protein 10g

Macronutrient Ratios (per serving)

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

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

Calories 399 Calories from Fat 270 Total Fat 30g Saturated Fat 17g 85%

Total Carbohydrate 35g 12% Dietary Fiber 8% Sugars 28g

Protein 0g

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 399 30g 0g 33g 2g 48% 0% 52%

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

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

Protein 1g

0%

Calories 706 Calories from Fat 486 % Daily Value Total Fat 54g Saturated Fat 35g 175% Trans Fat 0g Total Carbohydrate 66g 22% 28% Dietary Fiber Sugars 44g

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 706 54g 1g 59g 7g 1% 52%

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

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

2%

Calories from Fat 99 % Daily Value Total Fat 11g Saturated Fat 7g 35%

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

Protein 1g 2%

Macronutrient Ratios (per serving)

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

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

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 mount per Serving

96

Calories 96 Calories from Fat 63 % Daily Value* Total Fat 7g Saturated Fat 50 25% Trans Fat 0g Total Carbohydrate 8g 3% Dietary Fiber 0g 0% Sugars 6g 2% Protein 1g Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber

6% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

1g

8g

50%

0g

7g

44%

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

mount per Serving

Calories 170 Calories from Fat 126 % Daily Value Total Fat 14g Saturated Fat 12g 60% Trans Fat 0g Total Carbohydrate 9g 3% 0% Dietary Fiber 0g Sugars 9g 2% Protein Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber

170 14g 1g 9g 0g 58% 4% 38%

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

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

Calories 556 Calories from Fat 387 % Daily Value Total Fat 43g Saturated Fat 29g 145% Trans Fat 0c Total Carbohydrate 43g 14% Dietary Fiber 0g 0% Sugars 43g 0% Protein 0g Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber 556 43g 0g 43g 0g 50% 0% 50%

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

Saturated Fat 10g

Dietary Fiber

Calories 325 Calories from Fat 216 Total Fat 24g

Total Carbohydrate 28g 9%

Sugars 28g Protein 0g 0%

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 325 24a 0g 28g 0g 46% 0%

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

Cream Cheese Frosting

Nutrition Facts

Serving Size: 1/4 Cup

50%

0%

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 Saturated Fat 11g 55%

Trans Fat 0g Total Carbohydrate 10g 3% 0% Dietary Fiber 0g Sugars 10g

Protein 2g

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 208 17g 2g 10g 0g 7% 34%

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

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

4%

2%

Calories from Fat 306 % Daily Value Total Fat 34g Saturated Fat 21g 105%

Total Carbohydrate 15g 50%

Dietary Fiber 0% Sugars 14g

Protein 3g 6%

Macronutrient Ratios (per serving)

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

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

Meringue Frosting

Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 12

0g

0%

Allergy Information: Dairy Free, Gluten Free, Nut Free, Sov Free,

Vegetarian, Wheat Free

28

nount per Serving Calories 28 Calories from Fat 0 % Daily Value* Total Fat 0g Saturated Fat 00 0% Trans Fat 0g Total Carbohydrate 6g 2% Dietary Fiber 0g 0% Sugars 6g 2% Protein 1g Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber

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

1g

14%

6g

86%

0g

Strawberry Meringue Frosting

Nutrition Facts

Serving Size: 1/4 Cup Servings per Recipe: 12

Amount per Serving

Protein

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

Vegetarian, Wheat Free

Calories 29 Calories from Fat 0 % Daily Value Total Fat 0g 0% Saturated Fat 00 Trans Fat 0g Total Carbohydrate 6g 2% 0% Dietary Fiber 0g Sugars 6g

Macronutrient Ratios (per serving)

Calories Protein Net Carbs Fiber 29 0g 1g 6g 0g 0% 14% 86%

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

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

Calories 314 Calories from Fat 252 % Daily Value Total Fat 28g Saturated Fat 24g 120% Trans Fat 0c Total Carbohydrate 19g 6% Dietary Fiber 0g 0% Sugars 16g 0% Protein 0g Macronutrient Ratios (per serving)

Calories Protein Net Carbs Fiber 314 28g 0g 19g 0g 60% 0% 40%

Chocolate Dirt Nutrition Facts Serving Size: 1/4 Cup Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free Calories 280 Calories from Fat 162 Total Fat 18g Saturated Fat 12g 60% Trans Fat 0g Total Carbohydrate 36g 12% 16% Dietary Fiber 4g Sugars 24g Protein 0g 0% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 18g 280 0g 32g 4g 36% 0% 64% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Nutrit Serving Size: Servings per I	ION F 1/4 Cup Recipe: 8 ation: Dairy F	acts	Eree, Nut Free	
Amount per Serv	ring			
Calories 2	261	С	alories fron	n Fat 189
				% Daily Value
Total Fat	21g			32%
Saturated	Fat 10g			50%
Trans Fat	0g			
Total Carl	oohydrate	e 19g		6%
Dietary Fib	er 2g			8%
Sugars 1	7g			
Protein 2	2g			4%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
216	21g	2g	17g	2g
	53%	5%	43%	_9
			,000 calorie di ending on your	

Note: Calculations are approximate and may vary