

Gluten-Free Cupcakes

Classic Cupcakes

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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

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

Protein 4g

8%

Macronutrient Ratios (per serving)

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

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

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%

Macronutrient Ratios (per serving)

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 Serving

Calories 141

Calories from Fat 36

% Daily Value*

Total Fat 4g

10%

Saturated Fat 2g

10%

Trans Fat 0g

Total Carbohydrate 23g

8%

Dietary Fiber 3g

12%

Sugars 17g

Protein 4g

8%

Macronutrient Ratios (per serving)

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 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

Calories 176

Calories from Fat 72

% Daily Value*

Total Fat 8g

12%

Saturated Fat 2g

10%

Trans Fat 0g

Total Carbohydrate 23g

8%

Dietary Fiber 2g

8%

Sugars 19g

Protein 4g

8%

Macronutrient Ratios (per serving)

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

*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

Calories 141

Calories from Fat 54

% Daily Value*

Total Fat 6g

9%

Saturated Fat 2g

10%

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
141	6g	4g	16g	3g
	23%	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 needs.

Note: Calculations are approximate and may vary

Gluten-Free Cupcakes

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	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 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	3g	26g	3g
	19%	8%	72%	

*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	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 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	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 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	3g	16g	3g
	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 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	5g	17g	3g
	35%	15%	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.

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

Saturated Fat 5g

Trans Fat 0g

Total Carbohydrate 36g

Dietary Fiber 3g

Sugars 30g

Protein 4g

Macronutrient Ratios (per serving)

Calories 272

Fat 14g

Protein 4g

Net Carbs 33g

Fiber 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

% Daily Value*

Total Fat 8g

Saturated Fat 6g

Trans Fat 0g

Total Carbohydrate 32g

Dietary Fiber 2g

Sugars 26g

Protein 3g

Macronutrient Ratios (per serving)

Calories 212

Fat 8g

Protein 3g

Net Carbs 30g

Fiber 2g

20%

7%

73%

*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

Saturated Fat 11g

Trans Fat 0g

Total Carbohydrate 31g

Dietary Fiber 3g

Sugars 23g

Protein 3g

Macronutrient Ratios (per serving)

Calories 257

Fat 16g

Protein 3g

Net Carbs 28g

Fiber 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 289

Calories from Fat 171

% Daily Value*

Total Fat 19g

Saturated Fat 8g

Trans Fat 0g

Total Carbohydrate 28g

Dietary Fiber 4g

Sugars 21g

Protein 3g

Macronutrient Ratios (per serving)

Calories 289

Fat 19g

Protein 3g

Net Carbs 24g

Fiber 4g

41%

7%

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.

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

Saturated Fat 8g

Trans Fat 0g

Total Carbohydrate 21g

Dietary Fiber 1g

Sugars 18g

Protein 4g

Macronutrient Ratios (per serving)

Calories 225

Fat 15g

Protein 4g

Net Carbs 20g

Fiber 1g

38%

10%

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

Gluten-Free Cupcakes

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%
Trans Fat 0g	
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 3g	6%

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

Amount per Serving	
Calories 226	Calories from Fat 108
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 21g	
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	
Calories 234	Calories from Fat 126
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 20g	
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

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

Macronutrient Ratios (per serving)

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

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 Fat 198
% 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

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

Macronutrient Ratios (per serving)

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

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*	
Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 20g	
Protein 7g	14%

Macronutrient Ratios (per serving)

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

*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*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
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 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*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
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 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*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 5g	10%

Macronutrient Ratios (per serving)

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

*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*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 4g	8%

Macronutrient Ratios (per serving)

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

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*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 3g	6%

Macronutrient Ratios (per serving)

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

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

<div><div>Honey Walnut Cupcakes</div><div><div>Nutrition Facts</div><div>Serving Size: 1 Cupcake Servings per Recipe: 8 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free</div><div>Amount per Serving</div><div><div>Calories 240</div><div>Calories from Fat 162</div></div><div><div>% Daily Value*</div></div><div><div>Total Fat</div><div>18g</div><div>28%</div></div><div><div>Saturated Fat</div><div>2g</div><div>10%</div></div><div><div>Trans Fat</div><div>0g</div><div></div></div><div><div>Total Carbohydrate</div><div>16g</div><div>5%</div></div><div><div>Dietary Fiber</div><div>3g</div><div>12%</div></div><div><div>Sugars</div><div>13g</div><div></div></div><div><div>Protein</div><div>7g</div><div>14%</div></div><div><div>Macronutrient Ratios (per serving)</div></div><div><div>Calories</div><div>Fat</div><div>Protein</div><div>Net Carbs</div><div>Fiber</div></div><div><div>240</div><div>18g</div><div>7g</div><div>13g</div><div>3g</div></div><div><div>47%</div><div>18%</div><div>34%</div><div></div><div></div></div></div><div><div>*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</div></div></div>	<div><div>Almond Poppy Seed Cupcakes</div><div><div>Nutrition Facts</div><div>Serving Size: 1 Cupcake Servings per Recipe: 10 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free</div><div>Amount per Serving</div><div><div>Calories 151</div><div>Calories from Fat 72</div></div><div><div>% Daily Value*</div></div><div><div>Total Fat</div><div>8g</div><div>12%</div></div><div><div>Saturated Fat</div><div>1g</div><div>5%</div></div><div><div>Trans Fat</div><div>0g</div><div></div></div><div><div>Total Carbohydrate</div><div>15g</div><div>5%</div></div><div><div>Dietary Fiber</div><div>2g</div><div>8%</div></div><div><div>Sugars</div><div>13g</div><div></div></div><div><div>Protein</div><div>5g</div><div>10%</div></div><div><div>Macronutrient Ratios (per serving)</div></div><div><div>Calories</div><div>Fat</div><div>Protein</div><div>Net Carbs</div><div>Fiber</div></div><div><div>151</div><div>8g</div><div>5g</div><div>13g</div><div>2g</div></div><div><div>31%</div><div>19%</div><div>50%</div><div></div><div></div></div></div><div><div>*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</div></div></div>	<div><div>Banana Pecan Cupcakes</div><div><div>Nutrition Facts</div><div>Serving Size: 1 Cupcake Servings per Recipe: 9 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free</div><div>Amount per Serving</div><div><div>Calories 196</div><div>Calories from Fat 117</div></div><div><div>% Daily Value*</div></div><div><div>Total Fat</div><div>13g</div><div>20%</div></div><div><div>Saturated Fat</div><div>7g</div><div>35%</div></div><div><div>Trans Fat</div><div>0g</div><div></div></div><div><div>Total Carbohydrate</div><div>19g</div><div>6%</div></div><div><div>Dietary Fiber</div><div>3g</div><div>12%</div></div><div><div>Sugars</div><div>9g</div><div></div></div><div><div>Protein</div><div>4g</div><div>8%</div></div><div><div>Macronutrient Ratios (per serving)</div></div><div><div>Calories</div><div>Fat</div><div>Protein</div><div>Net Carbs</div><div>Fiber</div></div><div><div>196</div><div>13g</div><div>4g</div><div>16g</div><div>3g</div></div><div><div>39%</div><div>12%</div><div>48%</div><div></div><div></div></div></div><div><div>*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</div></div></div>
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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.

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.

Note: Calculations are approximate and may vary

Gluten-Free Cupcakes

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.

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	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 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	1g	59g	7g
	47%	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 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	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 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	1g	8g	0g
	44%	6%	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.

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	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 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	0g	43g	0g
	50%	0%	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.

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
	46%	0%	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.

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
	59%	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 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
	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 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
	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 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
	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 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
	60%	0%	40%	

*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 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	Fat	Protein	Net Carbs	Fiber
280	18g	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 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	Fat	Protein	Net Carbs	Fiber
216	21g	2g	17g	2g
	53%	5%	43%	

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