



## 4 Ingredient Eggnog Cupcakes

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

DESSERT

### Ingredients

- ☐ 1.5 tsp double-acting baking powder
- ☐ 1 cup cake flour
- ☐ 2 tbsp eggnog light
- ☐ 3 tbsp granulated sugar
- ☐ 1 cup heavy whipping cream

### Equipment

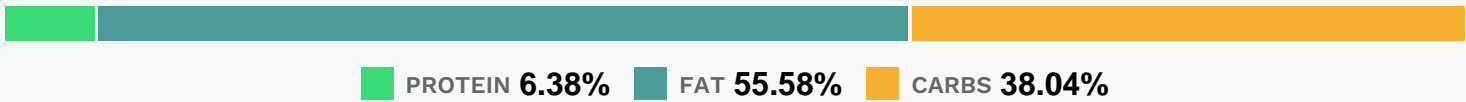
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ toothpicks
- ☐ stand mixer
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 350F and line muffin pan with cupcake liners.
- ☐ In a large bowl, combine all cupcake ingredients and mix with a whisk until batter is smooth and no lumps remain.
- ☐ Pour batter into cupcake liners, filling each about 2/3 full.
- ☐ Bake for about 18–20 minutes or until toothpick inserted comes out clean.
- ☐ Let cupcakes cool before frosting. To make the frosting, add whipping cream, sugar and eggnog to a bowl of a stand mixer and mix on high speed until stiff peaks form. Put frosting in piping bag to pipe.
- ☐ Sprinkle piped cupcakes with ground cinnamon.

## Nutrition Facts



## Properties

Glycemic Index:35.51, Glycemic Load:10.86, Inflammation Score:-3, Nutrition Score:2.904782594546%

## Nutrients (% of daily need)

Calories: 178.59kcal (8.93%), Fat: 11.17g (17.18%), Saturated Fat: 6.98g (43.6%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 16.82g (6.12%), Sugar: 5.71g (6.34%), Cholesterol: 35.8mg (11.93%), Sodium: 101.81mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.77%), Selenium: 7.28µg (10.4%), Vitamin A: 445.25IU (8.9%), Calcium: 77.51mg (7.75%), Manganese: 0.12mg (6.23%), Phosphorus: 55.34mg (5.53%), Vitamin B2: 0.07mg (4.3%), Vitamin D: 0.52µg (3.47%), Vitamin E: 0.34mg (2.29%), Magnesium: 6.92mg (1.73%), Copper: 0.03mg (1.63%), Vitamin B5: 0.16mg (1.6%), Folate: 6.38µg (1.6%), Iron: 0.28mg (1.53%), Fiber: 0.38g (1.51%), Zinc: 0.22mg (1.48%), Potassium: 50.25mg (1.44%), Vitamin B1: 0.02mg (1.31%), Vitamin B12: 0.06µg (1.07%)