



Amaretto Apple Streusel Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 2 tablespoons amaretto (almond-flavored liqueur)
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter chilled
- ☐ 1 large eggs

- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup gala apple finely chopped
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 4 teaspoons milk 2% reduced-fat
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

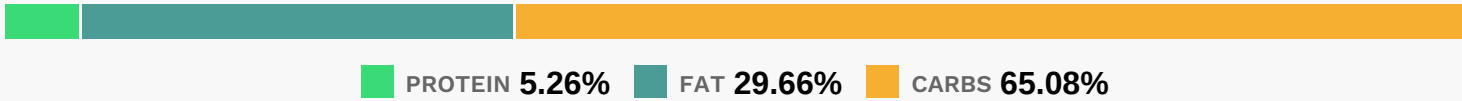
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place muffin cup liners in 12 muffin cups; coat with cooking spray.
- ☐ Weigh or lightly spoon 75 ounces (about 1 1/2 cups) flour into dry measuring cups; level with a knife.

- ☐ Combine 75 ounces flour, baking powder, salt, and baking soda in a small bowl, stirring with a whisk.
- ☐ Combine granulated sugar, cream cheese, and 1/4 cup butter in a large bowl; beat with a mixer at high speed until well blended.
- ☐ Add amaretto, vanilla, and egg to sugar mixture; beat with a mixer at medium speed until well blended.
- ☐ Combine sour cream and 1/4 cup milk in a small bowl; stir with a whisk until well blended.
- ☐ Combine apple and 1 tablespoon flour in a small bowl; toss well.
- ☐ Add flour mixture and sour cream mixture alternately to sugar mixture, beginning and ending with flour mixture. Beat just until blended. Fold in apple mixture. Divide batter evenly among muffin cups.
- ☐ To prepare the streusel, combine 2 tablespoons flour, brown sugar, and ground cinnamon in a small bowl.
- ☐ Cut in 2 tablespoons butter with a pastry blender or 2 knives until mixture resembles coarse meal; stir in almonds.
- ☐ Sprinkle streusel evenly over cupcakes.
- ☐ Bake at 350 for 27 minutes or until a wooden pick inserted in center comes out clean. Cool in pan for 15 minutes on a wire rack, and remove the cupcakes from pan.
- ☐ To prepare glaze, combine powdered sugar and 4 teaspoons milk in a small bowl, stirring with a whisk.
- ☐ Drizzle glaze over cupcakes.

Nutrition Facts



Properties

Glycemic Index:44.51, Glycemic Load:18.73, Inflammation Score:-3, Nutrition Score:4.3473912892134%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin:
0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:
0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 253.81kcal (12.69%), Fat: 8.33g (12.82%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 41.14g (13.71%),
Net Carbohydrates: 40.25g (14.64%), Sugar: 26.35g (29.28%), Cholesterol: 34.57mg (11.52%), Sodium: 152.85mg
(6.65%), Alcohol: 0.76g (100%), Alcohol %: 1.18% (100%), Protein: 3.33g (6.65%), Selenium: 7.98µg (11.4%), Vitamin
B1: 0.15mg (10.05%), Vitamin B2: 0.16mg (9.27%), Folate: 36.57µg (9.14%), Manganese: 0.17mg (8.65%), Iron: 1.02mg
(5.65%), Vitamin B3: 1.13mg (5.64%), Phosphorus: 54.51mg (5.45%), Vitamin A: 241.5IU (4.83%), Vitamin E: 0.69mg
(4.6%), Calcium: 45.21mg (4.52%), Fiber: 0.89g (3.56%), Magnesium: 11.43mg (2.86%), Copper: 0.05mg (2.67%),
Potassium: 80.86mg (2.31%), Zinc: 0.32mg (2.15%), Vitamin B12: 0.12µg (2.07%), Vitamin B5: 0.19mg (1.87%), Vitamin
B6: 0.03mg (1.29%)