



Angel Food Cupcakes with Whipped Cream and Berries

READY IN



60 min.

SERVINGS



30

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 16 oz angel food cake mix
- ☐ 1.3 cups water
- ☐ 1 cup cup heavy whipping cream chilled well
- ☐ 2 tablespoons granulated sugar
- ☐ 2 teaspoons vanilla paste
- ☐ 1 cup raspberries fresh
- ☐ 1 cup blueberries fresh
- ☐ 1 serving powdered sugar

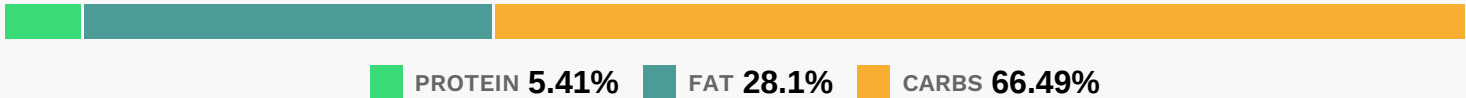
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F.
- ☐ Place paper baking cup in each of 30 to 36 regular-size muffin cups.
- ☐ In large bowl, beat cake mix and water with electric mixer on low speed 30 seconds; beat on medium speed 1 minute.
- ☐ Pour batter into muffin cups, filling each 3/4 full.
- ☐ Bake 12 to 20 minutes or until cupcakes are golden brown and cracks on top feel dry.
- ☐ Remove from muffin cups to cooling rack. Cool.
- ☐ In medium bowl, beat whipping cream with electric mixer on medium-high speed until slightly thickened. Reduce speed; beat in granulated sugar and vanilla bean paste. Increase speed; beat mixture until stiff peaks form. Spoon whipped cream into decorating bag fitted with large star tip.
- ☐ Pipe whipped cream on top of cooled cupcakes; garnish with berries.
- ☐ Sprinkle tops with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:1.5682608770288%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 1.57mg, Petunidin: 1.57mg, Petunidin: 1.57mg, Petunidin: 1.57mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Malvidin: 3.34mg, Malvidin: 3.34mg, Malvidin: 3.34mg, Malvidin: 3.34mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 1.01mg, Peonidin: 1.01mg, Peonidin: 1.01mg, Peonidin: 1.01mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 92.65kcal (4.63%), Fat: 2.95g (4.54%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 15.25g (5.54%), Sugar: 11.43g (12.7%), Cholesterol: 8.96mg (2.99%), Sodium: 127.05mg (5.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Phosphorus: 57.31mg (5.73%), Vitamin B2: 0.06mg (3.47%), Manganese: 0.06mg (3.25%), Selenium: 2.16µg (3.09%), Calcium: 29.99mg (3%), Vitamin A: 120.6IU (2.41%), Folate: 7.8µg (1.95%), Vitamin C: 1.57mg (1.91%), Fiber: 0.45g (1.82%), Vitamin K: 1.53µg (1.46%), Copper: 0.02mg (1.16%)