



Apple Cider Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



430 kcal

DESSERT

Ingredients

- 2 cups apple cider
- 2 teaspoons double-acting baking powder
- 3.5 cups confectioners' sugar as needed
- 8 ounces cream cheese softened
- 2 eggs
- 2 cups flour all-purpose sifted
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cinnamon

- 4 tablespoons kahlua pumpkin spice
- 0.5 teaspoon salt
- 0.8 cup sugar
- 4 ounces butter unsalted softened

Equipment

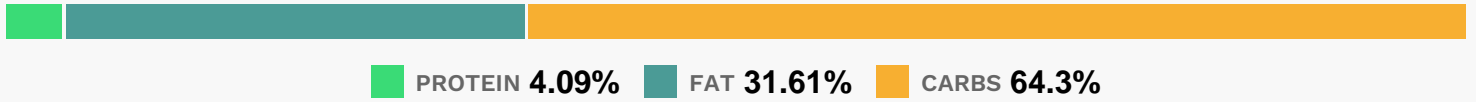
- bowl
- sauce pan
- oven
- blender
- toothpicks
- stand mixer
- muffin tray

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line 2 muffin tins with paper liners.
- In a medium saucepan, boil the apple cider over medium-high heat until it is reduced to 1 cup, 15 to 18 minutes.
- Let cool. If amount of cider is more than one cup, boil the cider a bit longer. If it is less, just add a bit more cider.
- In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter and sugar until fluffy and light in color.
- Add eggs, one at a time, and beat after each addition until fully incorporated.
- Add sifted flour, allspice, cinnamon, salt, baking powder, and the cup of concentrated apple cider.
- Mix until well combined.
- Pour the batter into paper-lined muffin tins.
- Bake for 20 to 25 minutes, or until a toothpick inserted into the middle of a cupcake comes out clean.
- Allow cupcakes to cool before frosting.

- In the bowl of a countertop mixer fitted with the paddle attachment, beat the cream cheese and butter for 2–3 minutes, or until light and fluffy.
- Add the Kahlua Pumpkin Spice and 1 cup of confectioners sugar, and mix until fully incorporated. Continue adding the confectioners sugar 1 cup at a time and mixing after each addition until fully incorporated. Frost each cupcake.

Nutrition Facts



Properties

Glycemic Index:27.07, Glycemic Load:22.46, Inflammation Score:-4, Nutrition Score:6.6595652207084%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 430.31kcal (21.52%), Fat: 15.42g (23.72%), Saturated Fat: 9.07g (56.72%), Carbohydrates: 70.56g (23.52%), Net Carbohydrates: 69.52g (25.28%), Sugar: 51.45g (57.16%), Cholesterol: 66.69mg (22.23%), Sodium: 242.26mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Manganese: 0.53mg (26.26%), Selenium: 11.55µg (16.5%), Vitamin B1: 0.18mg (12.15%), Vitamin B2: 0.2mg (11.86%), Folate: 44.06µg (11.02%), Vitamin A: 535.9IU (10.72%), Iron: 1.68mg (9.32%), Calcium: 86.27mg (8.63%), Phosphorus: 79.38mg (7.94%), Vitamin B3: 1.33mg (6.67%), Fiber: 1.04g (4.14%), Vitamin E: 0.52mg (3.45%), Vitamin B5: 0.34mg (3.42%), Potassium: 114.87mg (3.28%), Magnesium: 12.38mg (3.09%), Copper: 0.06mg (2.94%), Zinc: 0.41mg (2.71%), Vitamin B6: 0.05mg (2.4%), Vitamin B12: 0.12µg (2.05%), Vitamin D: 0.29µg (1.92%), Vitamin K: 1.76µg (1.68%), Vitamin C: 0.84mg (1.02%)