



Apple-Cinnamon Cupcakes



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 large egg yolk
- ☐ 0.8 cup flour all-purpose
- ☐ 1 large granny smith peeled
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup milk

- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ toothpicks
- ☐ muffin tray
- ☐ box grater

Directions

- ☐ Make cupcakes: Preheat oven to 375F. Line a 6-cup muffin tin with paper liners. Grate apple using a box grater (large or medium grates), making sure to stop before you hit core. Squeeze grated apple in a fine-mesh sieve over sink to remove excess moisture.
- ☐ In a large bowl, mix flour, baking powder, cinnamon, salt and sugar. In a small bowl, whisk yolk, milk, oil and vanilla. Stir into dry ingredients until just moistened. Stir in grated apple.
- ☐ Fill each muffin cup two-thirds full.
- ☐ Bake until cupcakes are golden and a toothpick inserted into center of a cupcake comes out clean, 20 to 22 minutes.
- ☐ Let cupcakes cool in pan for 5 minutes, invert onto wire rack and turn them right side up to cool.
- ☐ Whisk confectioners' sugar and lemon juice in a small bowl.
- ☐ Drizzle glaze over cupcakes and serve.

Nutrition Facts



PROTEIN 4.13% **FAT 35.14%** **CARBS 60.73%**

Properties

Glycemic Index:52.02, Glycemic Load:22.11, Inflammation Score:-2, Nutrition Score:5.210434794426%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 270.11kcal (13.51%), Fat: 10.76g (16.56%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 40.43g (14.7%), Sugar: 28.16g (31.29%), Cholesterol: 33.04mg (11.01%), Sodium: 69.6mg (3.03%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 2.84g (5.69%), Vitamin K: 17.7µg (16.86%), Selenium: 7.42µg (10.6%), Vitamin B1: 0.15mg (9.73%), Folate: 34.36µg (8.59%), Vitamin B2: 0.14mg (7.94%), Manganese: 0.15mg (7.66%), Calcium: 64.71mg (6.47%), Phosphorus: 63.83mg (6.38%), Vitamin E: 0.91mg (6.07%), Fiber: 1.41g (5.64%), Iron: 0.93mg (5.18%), Vitamin B3: 0.98mg (4.92%), Vitamin C: 2.68mg (3.25%), Vitamin B12: 0.17µg (2.75%), Potassium: 94.43mg (2.7%), Vitamin B5: 0.26mg (2.56%), Vitamin D: 0.38µg (2.51%), Vitamin B6: 0.05mg (2.3%), Magnesium: 8.3mg (2.08%), Vitamin A: 94.51IU (1.89%), Copper: 0.04mg (1.89%), Zinc: 0.28mg (1.87%)