

DESSERT

Apple Cupcakes

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
120 min	40 min	80 min	24	\$0.96	320 kcal



The recipe Apple Cupcakes is ready in roughly 2 hours and is definitely an outstanding lacto ovo vegetarian option for lovers of American food. This recipe makes 24 servings with 320 calories, 3g of protein, and 16g of fat each.

Ingredients

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| ☐ ½ cup apple butter | ☐ 1 teaspoon baking soda |
| ☐ 4 cups confectioners' sugar | ☐ 8 ounces cream cheese, at room temperature |
| ☐ 3 large eggs | ☐ 2¾ cups all-purpose flour |
| ☐ 1 cup large Gala or other baking apple, peeled, cored, and finely chopped (about | ☐ 1 teaspoon lemon juice |
| ☐ ½ teaspoon nutmeg | ☐ ½ teaspoon fine salt |
| ☐ ½ cup sour cream | ☐ 1 cup (2 sticks) unsalted butter, at room temperature |

☐ 1 stick unsalted butter, at room temperature

☐ 1½ teaspoons pure vanilla extract

☐ 1½ teaspoons vanilla extract or vanilla paste

☐ 1 cup vanilla sugar (see Cook's Note)

EQUIPMENT Bowl, Oven, Blender, Hand mixer, Toothpicks, Muffin tray, Pastry bag

Method

- 1 Special equipment: 2 (12-cup) muffin pans
- 2 For the cake: Preheat oven to 350 degrees F. Line 24 muffin tins with paper liners.
- 3 Using a hand mixer or standing mixer, cream the butter and vanilla sugar together until fluffy, about 2 to 3 minutes.
- 4 Add eggs, one at a time and vanilla extract, beating until smooth.
- 5 Combine the flour, nutmeg, baking soda and salt in a medium bowl.
- 6 Add half the flour mixture to the creamed butter, then add the sour cream, and then the rest of the flour. Beat until well combined, taking care not to over mix. Gently fold in the chopped apples.
- 7 Divide batter between prepared muffin tins, filling them 1/2 way full.
- 8 Bake until a toothpick inserted into the center of the cupcakes comes out clean and the tops spring back when pressed gently, about 20 minutes. Cool the cupcakes in the tin on a rack for 10 minutes then remove from the tin and cool completely.
- 9 Put apple butter into a small pastry bag with an open tip Squeeze a small amount into the center of each cupcake. Continue cooling completely. Then frost with icing.
- 10 For the frosting: Using a hand or standing mixer, beat cream cheese and butter together, at medium speed, until fluffy, about 2 minutes.
- 11 Add in vanilla and lemon juice. On low speed, gradually add in confectioners' sugar and beat until well combined. Frost as desired.

Nutrition per serving

320

KCAL

3 g

PROTEIN

16 g

FAT

41 g

CARBS

Saturated Fat

9.9 g · 62% of daily needs

Fibre

0.5 g · 2% of daily needs

Sugar

31.2 g · 35% of daily needs

Sodium

137 mg · 6% of daily needs

Cholesterol

66.1 mg · 22% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/apple-cupcakes-148513