



Arnold Palmer Cupcakes

 Vegetarian

READY IN



67 min.

SERVINGS



24

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 0.8 tablespoons double-acting baking powder
- ☐ 5 tea bags black
- ☐ 2 cups confectioners' sugar divided
- ☐ 4 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated

- ☐ 1 cup milk
- ☐ 0.8 teaspoons salt
- ☐ 2 cups sugar
- ☐ 0.5 cup reserved milk/tea mixture
- ☐ 1 cups butter unsalted
- ☐ 1 cups butter unsalted softened

Equipment

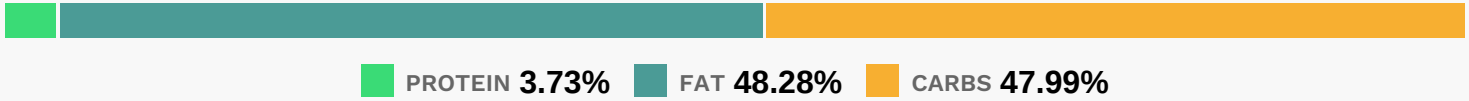
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ In a small saucepan over medium heat, heat milk until hot to the touch.
- ☐ Place tea bags in hot milk, and let steep for 15 to 20 minutes.
- ☐ Remove and discard tea bags.
- ☐ Let milk cool.
- ☐ Preheat oven to 350 degrees F. Line 2 (12-cup) muffin pans with paper liners.
- ☐ In a large bowl, beat butter and sugar at medium speed with an electric mixer until creamy. Beat in eggs, 1 at a time, beating well after each addition.
- ☐ Add 1/2 cup milk and tea mixture, lemon zest and lemon juice.
- ☐ Mix well.
- ☐ In a medium bowl, combine flour, baking powder and salt. Gradually add dry mix into the wet ingredients.
- ☐ Spoon batter evenly into prepared muffin cups.
- ☐ Bake for 20 to 22 minutes, or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans, and cool completely on wire racks.

- ☐
- Spread or pipe Arnold Palmer Frosting evenly over cupcakes.
- ☐
- In a large bowl, beat butter at medium speed with an electric mixer until creamy. Gradually beat in confectioners' sugar alternately with tea/milk mixture slowly. Beat in lemon juice until creamy.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:19.1, Inflammation Score:-4, Nutrition Score:3.9252173900604%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg Thearubigins: 4mg, Thearubigins: 4mg, Thearubigins: 4mg, Thearubigins: 4mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 304.47kcal (15.22%), Fat: 16.64g (25.6%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 36.86g (13.4%), Sugar: 26.99g (29.99%), Cholesterol: 72.89mg (24.3%), Sodium: 130.98mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Selenium: 7.52µg (10.74%), Vitamin A: 534.24IU (10.68%), Vitamin B2: 0.13mg (7.57%), Vitamin B1: 0.11mg (7.49%), Folate: 28.65µg (7.16%), Phosphorus: 53.67mg (5.37%), Manganese: 0.1mg (5.22%), Calcium: 46.09mg (4.61%), Iron: 0.81mg (4.51%), Vitamin B3: 0.79mg (3.97%), Vitamin D: 0.56µg (3.75%), Vitamin E: 0.54mg (3.6%), Vitamin B12: 0.16µg (2.69%), Vitamin B5: 0.24mg (2.45%), Zinc: 0.26mg (1.74%), Copper: 0.03mg (1.52%), Magnesium: 5.74mg (1.44%), Fiber: 0.36g (1.43%), Potassium: 48.16mg (1.38%), Vitamin B6: 0.03mg (1.35%), Vitamin K: 1.42µg (1.35%)