



Baked Bean and Tomato Cupcakes

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 1.3 cup flour
- ☐ 3 cup powdered sugar
- ☐ 1 cup sugar
- ☐ 1 tablespoon tomato paste (use extra-concentrated tomato paste to keep the frosting from getting too moist and runny)
- ☐ 1 cup tomatoes diced

- ☐ 0.5 cup butter unsalted divided room temperature
- ☐ 1.5 teaspoon vanilla divided

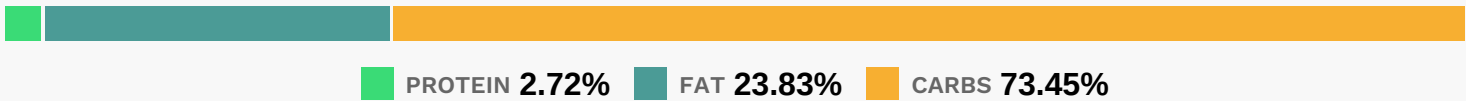
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Cupcakes
- ☐ Cream butter and sugar.
- ☐ Add egg and mix well.
- ☐ Mix in mashed beans and vanilla.
- ☐ In a small bowl, combine flour, baking soda, and cinnamon.
- ☐ Add dry mixture to wet mixture. Do not over mix.
- ☐ Stir in diced tomatoes.
- ☐ Fill cupcake liners ½ full.
- ☐ Bake at 350 F for 20 minutes or until cupcakes bounce back when pressed lightly.Frosting
- ☐ Mix butter and cream cheese until smooth.
- ☐ Slowly add the powdered sugar.
- ☐ Add more or less to make it as stiff as you like.
- ☐ Mix in the tomato paste and vanilla extract.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:19.04, Inflammation Score:-3, Nutrition Score:3.37999999900486%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 307.22kcal (15.36%), Fat: 8.28g (12.74%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 57.44g (19.15%), Net Carbohydrates: 56.8g (20.65%), Sugar: 46.59g (51.76%), Cholesterol: 35.84mg (11.95%), Sodium: 110.4mg (4.8%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 2.12g (4.25%), Selenium: 6.14µg (8.78%), Vitamin A: 383.12IU (7.66%), Vitamin B1: 0.11mg (7.32%), Manganese: 0.14mg (7.03%), Folate: 28.1µg (7.03%), Vitamin B2: 0.1mg (5.91%), Vitamin B3: 0.89mg (4.47%), Iron: 0.79mg (4.41%), Phosphorus: 28.81mg (2.88%), Vitamin E: 0.4mg (2.66%), Fiber: 0.64g (2.57%), Vitamin C: 2mg (2.42%), Copper: 0.04mg (1.98%), Potassium: 67.29mg (1.92%), Vitamin K: 1.9µg (1.81%), Vitamin D: 0.23µg (1.5%), Vitamin B5: 0.14mg (1.45%), Magnesium: 5.64mg (1.41%), Vitamin B6: 0.03mg (1.32%), Zinc: 0.19mg (1.27%), Calcium: 10.47mg (1.05%)