



BBQ Maple Syrup Cupcake



Vegetarian



Popular

READY IN



20 min.

SERVINGS



18

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup barbecue sauce sweet thick (I suggest a , , and smokey sauce)
- ☐ 2 large eggs room temperature
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup maple syrup pure
- ☐ 3 cups powdered sugar
- ☐ 1 cup butter unsalted room temperature
- ☐ 0.5 cup water room temperature

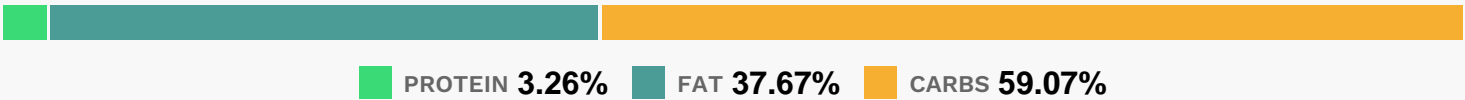
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 F.In a medium-sized mixing bowl, mix maple syrup, BBQ sauce, flour, baking soda, and butter until fully combined.
- ☐ Mix in eggs, one at a time.
- ☐ Mix in water until fully combined.
- ☐ Bake for 20 minutes or until a toothpick inserted into the center of a cupcake comes out clean.In a medium-sized mixing bowl, beat butter until light and fluffy (about 3 minutes on high speed).
- ☐ Mix in powdered sugar a little bit at a time.
- ☐ Mix in maple syrup.
- ☐ Spread or pipe on cooled cupcakes.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:8.91, Inflammation Score:-3, Nutrition Score:3.8260869174872%

Nutrients (% of daily need)

Calories: 258.22kcal (12.91%), Fat: 10.93g (16.81%), Saturated Fat: 6.67g (41.71%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 38.15g (13.87%), Sugar: 27.62g (30.69%), Cholesterol: 47.78mg (15.93%), Sodium: 123.28mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Manganese: 0.3mg (15.07%), Vitamin B2: 0.21mg (12.44%), Selenium: 6.18µg (8.82%), Vitamin A: 362.95IU (7.26%), Vitamin B1: 0.11mg (7.07%), Folate: 25.39µg (6.35%), Iron: 0.74mg (4.09%), Vitamin B3: 0.78mg (3.91%), Phosphorus: 28.74mg (2.87%), Vitamin E: 0.42mg (2.81%), Calcium: 20.73mg (2.07%), Vitamin D: 0.3µg (2%), Potassium: 62.65mg (1.79%), Vitamin B5: 0.17mg (1.65%), Zinc: 0.25mg (1.65%), Magnesium: 6.57mg (1.64%), Fiber: 0.4g (1.6%), Copper: 0.03mg (1.58%), Vitamin B12: 0.07µg (1.18%), Vitamin B6: 0.02mg (1.06%), Vitamin K: 1.08µg (1.03%)