

# Belgian White Cupcakes with Orange Frosting



Dairy Free



Popular

READY IN



95 min.

SERVINGS



24

CALORIES



147 kcal

DESSERT

## Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup belgian endive white
- ☐ 0.5 cup vegetable oil
- ☐ 3 eggs whole
- ☐ 3 egg whites at room temperature
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon cream of tartar
- ☐ 1.5 cups sugar

- ☐ 0.7 cup water
- ☐ 1 teaspoon vanilla
- ☐ 2 teaspoons orange zest   grated
- ☐ 2 tablespoons orange juice   fresh
- ☐ 1 slices cranberry-orange relish   cut in half or quarters

## Equipment

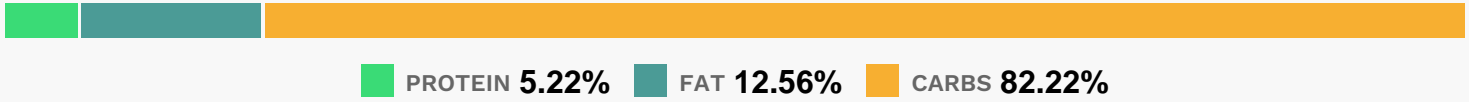
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ candy thermometer

## Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, beat all cupcake ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffins cups.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove cupcakes from pans to cooling racks. Cool completely.
- ☐ In medium bowl, beat egg whites, salt and cream of tartar with electric mixer on high speed just until stiff peaks form.
- ☐ In 2-quart saucepan, stir sugar and water until well mixed. Cover and heat to rolling boil over medium heat. Uncover and boil 4 to 8 minutes, without stirring, to 242°F-248°F on candy thermometer.
- ☐ Pour hot syrup very slowly in thin stream into egg whites, beating constantly on low speed.

- ☐
- Add vanilla, orange peel and orange juice. Beat on high speed 7 to 10 minutes or until stiff peaks form and side of bowl is cool to the touch.
- ☐
- Frost cupcakes.
- ☐
- Garnish with orange slices. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:6.86, Glycemic Load:8.82, Inflammation Score:-1, Nutrition Score:2.5169565573983%

## Flavonoids

Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 147.47kcal (7.37%), Fat: 2.08g (3.21%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 30.3g (11.02%), Sugar: 22.04g (24.49%), Cholesterol: 20.46mg (6.82%), Sodium: 195.65mg (8.51%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 1.95g (3.9%), Phosphorus: 79.57mg (7.96%), Vitamin B2: 0.1mg (5.63%), Calcium: 50.52mg (5.05%), Folate: 19.42µg (4.86%), Selenium: 3.17µg (4.53%), Vitamin B1: 0.06mg (3.76%), Iron: 0.57mg (3.16%), Vitamin B3: 0.52mg (2.61%), Manganese: 0.05mg (2.41%), Vitamin E: 0.33mg (2.22%), Vitamin K: 2.31µg (2.2%), Vitamin B5: 0.18mg (1.8%), Vitamin C: 1.35mg (1.64%), Fiber: 0.41g (1.64%), Vitamin B6: 0.03mg (1.45%), Copper: 0.03mg (1.27%), Vitamin B12: 0.07µg (1.23%), Potassium: 39.06mg (1.12%)