



Blackberry Citrus Cupcakes

READY IN



95 min.

SERVINGS



24

CALORIES



242 kcal

DESSERT

Ingredients

- 1 box lemon cake mix
- 1 tablespoon lemon zest grated
- 1 cup blackberries fresh
- 1.5 cups butter softened
- 3 cups powdered sugar
- 1 serving blackberries fresh
- 1 leaves mint leaves fresh

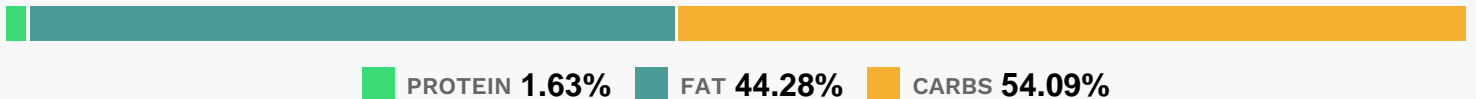
Equipment

- bowl
- oven
- sieve
- hand mixer
- microwave
- muffin liners
- cheesecloth

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups.
- Make and bake cake mix as directed on box for cupcakes, using water, oil and eggs and adding lemon peel. Cool 10 minutes; remove from pans to cooling racks. Cool completely.
- In small microwavable bowl, place 1 cup blackberries. Cover; microwave on High 1 minute to 1 minute 30 seconds, stirring once, until softened. Mash with fork.
- Place strainer over clean small bowl; line strainer with cheesecloth.
- Pour berries into strainer; press with back of spoon to remove seeds. Reserve juice; discard seeds and pulp.
- In large bowl, beat butter and powdered sugar with electric mixer on low speed until blended. Gradually add reserved blackberry juice, beating on high speed until frosting is smooth and spreadable. Frost cupcakes.
- Garnish with additional blackberries and mint.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:2.5660869712415%

Flavonoids

Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 242.06kcal (12.1%), Fat: 12.14g (18.67%), Saturated Fat: 7.64g (47.76%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 32.75g (11.91%), Sugar: 24.31g (27.01%), Cholesterol: 30.5mg (10.17%), Sodium: 248.43mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Vitamin A: 367.69IU (7.35%), Phosphorus: 71.54mg (7.15%), Calcium: 51.1mg (5.11%), Folate: 16.62µg (4.15%), Manganese: 0.08mg (4.04%), Vitamin E: 0.6mg (3.99%), Vitamin B2: 0.06mg (3.48%), Vitamin B1: 0.05mg (3.46%), Iron: 0.5mg (2.77%), Vitamin B3: 0.54mg (2.72%), Vitamin K: 2.81µg (2.68%), Fiber: 0.61g (2.42%), Vitamin C: 1.59mg (1.93%), Copper: 0.03mg (1.34%), Selenium: 0.9µg (1.29%), Vitamin B5: 0.11mg (1.11%)