



WHATSheATE



Blackberry Lemon Cupcake with Graham Cracker Crust

♡ Popular

READY IN



45 min.

SERVINGS



24

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 11.5 g double-acting baking powder
- ☐ 85 g blackberry puree
- ☐ 0.5 cup garnish: blackberry jam for filling
- ☐ 375 g cake flour
- ☐ 2 large eggs room temperature
- ☐ 2 large egg whites
- ☐ 160 g graham crackers

- ☐ 2 lemon zest
- ☐ 6 g salt
- ☐ 100 g sugar
- ☐ 170 g butter unsalted room temperature
- ☐ 8 g vanilla extract
- ☐ 244 g milk whole

Equipment

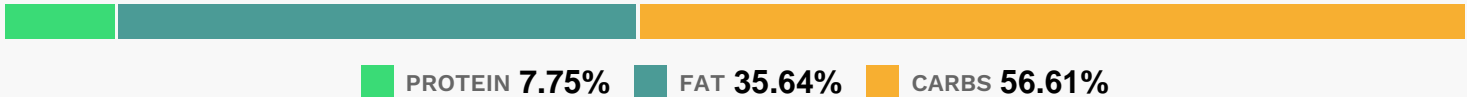
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ measuring cup
- ☐ muffin tray

Directions

- ☐ For the crust:Preheat oven to 350 degrees F. Line two 12-cup muffin tins with cupcake papers.Pulse graham crackers in food processor into fine crumbs.
- ☐ Add butter and sugar and pulse until combined.
- ☐ Place about 2 teaspoon of graham cracker mixture into the bottom of each cupcake paper. Use your fingers or a pastry tamper to press mixture firmly together.
- ☐ Place muffin tins in oven and bake for 5 minutes.
- ☐ Combine flour, baking powder, and salt in a medium bowl and set aside.
- ☐ Combine milk and vanilla in a measuring cup and set aside.
- ☐ Place butter and sugar in bowl of stand mixer. Cream together for 3-5 minutes until light and fluffy.
- ☐ Add in eggs and egg whites one at a time, beating to fully combine before adding the next one.

- ☐ Add in the flour mixture and milk in five alternating additions, starting and ending with the flour.
- ☐ Mix just to incorporate before adding the next addition.Fill cupcake papers about 3/4 full with batter.
- ☐ Bake for 16 to 20 minutes, rotating pans halfway through. Cupcakes should be just starting to turn golden on top and a tester inserted in the center should come out clean.
- ☐ Combine egg whites and sugar in a metal bowl.
- ☐ Place over a pan of simmering water.
- ☐ Whisk the mixture constantly over heat until sugar is dissolved and mixture looks smooth and shiny. Continue whisking until the mixture reaches 160 degrees F.
- ☐ Remove mixture from heat and pour into a stand mixer bowl.
- ☐ Whisk on medium speed for about 5 minutes until the mixture has cooled.Switch to the paddle attachment and with the speed on low, add the butter a few pieces at a time, beating until smooth. Do not add the butter too quickly or beat too quickly or the buttercream may break.When all the butter has been added, beat the buttercream on medium-high speed for about 6-10 minutes until it is very thick and smooth. It may appear to separate briefly but continue beating and it should come back together.
- ☐ Cut a small core out of the center of each cupcake. Fill with a spoonful of blackberry jam (you can also use fresh blackberry puree). Fill a piping bag with the buttercream and pipe a swirl on top of each cupcake.

Nutrition Facts



Properties

Glycemic Index:17.55, Glycemic Load:16.82, Inflammation Score:-2, Nutrition Score:3.4147826018541%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 187.65kcal (9.38%), Fat: 7.43g (11.44%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 25.65g (9.33%), Sugar: 9.94g (11.04%), Cholesterol: 31.95mg (10.65%), Sodium: 209.46mg (9.11%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 3.64g (7.28%), Selenium: 8.48µg (12.12%), Manganese: 0.15mg (7.64%), Phosphorus: 61.96mg (6.2%), Calcium: 55.75mg (5.57%), Vitamin B2: 0.08mg (4.75%), Vitamin A: 224.12IU (4.48%), Fiber: 0.92g (3.68%), Iron: 0.61mg (3.38%), Folate: 12.23µg (3.06%), Magnesium: 11.24mg (2.81%), Zinc: 0.39mg (2.6%), Vitamin B1: 0.04mg (2.51%), Copper: 0.05mg (2.47%), Vitamin C: 2.01mg (2.44%), Vitamin B3: 0.46mg (2.28%), Vitamin E: 0.33mg (2.18%), Vitamin D: 0.3µg (2.01%), Vitamin B5: 0.2mg (1.96%), Potassium: 67.29mg (1.92%), Vitamin B12: 0.11µg (1.77%), Vitamin B6: 0.03mg (1.48%), Vitamin K: 1.29µg (1.23%)