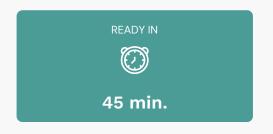


Blackberry Summer Cupcakes

Vegetarian







DESSERT

Ingredients

1 cups baking mix

1 tablespoon double-acting baking powder
16 ounces blackberries fresh
1.8 cups garnish: blackberry jam seedless divided
0.5 cup butter softened
1 cup butter softened
4 large eggs
1 cup milk

	16 oz powdered sugar
	0.1 teaspoon salt
	1 teaspoon salt
	1.5 cup sugar
	3 tablespoons sugar
	1 teaspoon vanilla extract
	2 teaspoons vanilla extract
	3 cups flour all-purpose
	3 tablespoons whipping cream
Ea	uuinmant
	uipment
Ц	oven
Ш	hand mixer
	wooden spoon
	kitchen scissors
Di	rections
	Preheat oven to 350 degrees. Beat butter and sugar at medium speed with an electric mixer until creamy.
	Add eggs, 1 at a time, beating until blended after each addition.
	Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla.
	Place paper baking cups in 2 (12-cup) muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
	Bake for 12-15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely.
	Fill each cupcake using 11/2 cups blackberry jam. To fill cupcakes, insert the end of a wooden spoon or dowel into the center of the cupcake to make a hole. Fill a zip-top plastic freezer bag with filling or frosting. Use scissors or kitchen shears to snip about 1/4 inch from one corner of the bag; insert bag into the hole in the cupcake. Squeeze gently until filling comes to

Nutrition Facts
Toss together blackberries and sugar. Top each cupcake with blackberries just before serving.
Stir remaining 1/4 cup jam into Vanilla Frosting. Frost each cupcake with flavored frosting.
until creamy. Gradually add powdered sugar, beating at low speed until blended. Beat at high speed 2 minutes or until creamy. Make 3 cups.
To prepare Vanilla Frosting, beat first 4 ingredients at medium speed with an electric mixer
the top of each cupcake.

PROTEIN 3.78% FAT 31.15% CARBS 65.07%

Properties

Glycemic Index:21.88, Glycemic Load:28.16, Inflammation Score:-4, Nutrition Score:6.5256522427435%

Flavonoids

Cyanidin: 18.89mg, Cyanidin: 18.89mg, Cyanidin: 18.89mg, Cyanidin: 18.89mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Peonidin: 0.04mg, Peonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Peonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Pelargonidin: 0.02mg, Pel

Nutrients (% of daily need)

Calories: 410.56kcal (20.53%), Fat: 14.38g (22.12%), Saturated Fat: 8.4g (52.51%), Carbohydrates: 67.59g (22.53%), Net Carbohydrates: 65.79g (23.92%), Sugar: 46.67g (51.86%), Cholesterol: 64.94mg (21.65%), Sodium: 342.23mg (14.88%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 3.93g (7.85%), Selenium: 9.39µg (13.42%), Manganese: 0.26mg (13.06%), Folate: 46.71µg (11.68%), Vitamin B1: 0.17mg (11.29%), Vitamin B2: 0.19mg (11.18%), Phosphorus: 97.24mg (9.72%), Vitamin A: 484.22IU (9.68%), Vitamin C: 6.18mg (7.49%), Iron: 1.33mg (7.38%), Calcium: 73.38mg (7.34%), Fiber: 1.8g (7.21%), Vitamin B3: 1.31mg (6.53%), Vitamin K: 5.22µg (4.97%), Copper: 0.1mg (4.76%), Vitamin E: 0.71mg (4.7%), Vitamin B5: 0.36mg (3.56%), Potassium: 108.03mg (3.09%), Magnesium: 12.29mg (3.07%), Vitamin B12: 0.18µg (2.93%), Zinc: 0.43mg (2.83%), Vitamin B6: 0.04mg (2.14%), Vitamin D: 0.31µg (2.06%)