



## Blackberry Summer Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



411 kcal

DESSERT

### Ingredients

- 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
- 1 cups baking mix

- 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

## Equipment

- oven
- hand mixer
- wooden spoon
- kitchen scissors

## Directions

- 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 1 1/2 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

the top of each cupcake.

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

## Nutrition Facts



## 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 Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 7mg, Catechin: 7mg, Catechin: 7mg, Catechin: 7mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## 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%)