



Blueberry Hill Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 3.3 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup blueberries fresh chilled
- ☐ 0.3 cup canola oil
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 2 large eggs
- ☐ 1 teaspoon lemon zest grated

- ☐ 1 cup buttermilk low-fat
- ☐ 0.5 cup maple sugar
- ☐ 2.3 cups powdered sugar
- ☐ 1.3 cups sugar
- ☐ 10 tablespoons butter unsalted room temperature ()
- ☐ 1.3 teaspoons vanilla extract
- ☐ 4 teaspoons milk whole ()

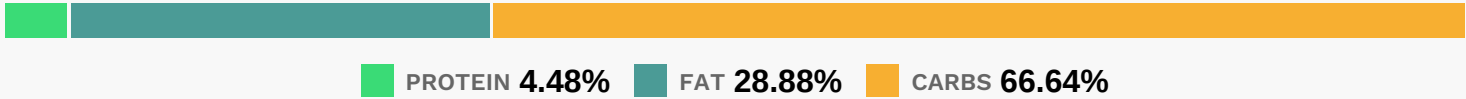
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Line two 12-cup muffin pans with paper liners. Sift flour and next 4 ingredients into large bowl.
- ☐ Whisk melted butter and oil in medium bowl.
- ☐ Add eggs; whisk to blend.
- ☐ Whisk in buttermilk, milk, vanilla extract, and peel.
- ☐ Add buttermilk mixture to dry ingredients; whisk just to blend. Stir in frozen blueberries. Divide batter among liners.
- ☐ Bake cupcakes until tester inserted into center comes out clean, about 23 minutes.
- ☐ Transfer cupcakes to racks; cool.
- ☐ Combine first 5 ingredients in medium bowl.
- ☐ Add 4 teaspoons milk. Using electric mixer, beat until well blended and fluffy, adding more milk by teaspoonfuls if dry (small granules of maple sugar will still remain), about 4 minutes.
- ☐ Spread frosting over top of cupcakes.
- ☐ Garnish cupcakes with chilled berries, and mint sprigs, if desired. (Can be made 4 hours ahead. Store in airtight container at room temperature.)

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:19.88, Inflammation Score:-2, Nutrition Score:4.5265217760335%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 240.26kcal (12.01%), Fat: 7.82g (12.04%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 40.01g (14.55%), Sugar: 26.81g (29.79%), Cholesterol: 28.54mg (9.51%), Sodium: 135.82mg (5.91%), Alcohol: 0.07g (100%), Alcohol %: 0.12% (100%), Protein: 2.73g (5.47%), Manganese: 0.36mg (17.86%), Selenium: 7.47µg (10.67%), Vitamin B1: 0.14mg (9.43%), Folate: 33.99µg (8.5%), Vitamin B2: 0.13mg (7.57%), Iron: 1.03mg (5.72%), Calcium: 53.46mg (5.35%), Vitamin B3: 1.04mg (5.2%), Phosphorus: 49.54mg (4.95%), Vitamin E: 0.64mg (4.26%), Zinc: 0.53mg (3.56%), Vitamin A: 177.7IU (3.55%), Vitamin K: 3.34µg (3.18%), Fiber: 0.61g (2.46%), Copper: 0.04mg (1.98%), Vitamin B5: 0.19mg (1.85%), Magnesium: 7.02mg (1.76%), Potassium: 60.85mg (1.74%), Vitamin B12: 0.07µg (1.23%), Vitamin D: 0.18µg (1.2%), Vitamin B6: 0.02mg (1.11%)