



Brown Sugar-Pecan Cupcakes

READY IN



95 min.

SERVINGS



18

CALORIES



342 kcal

DESSERT

Ingredients

- 0.8 cup pecans chopped
- 0.3 cup brown sugar packed
- 1 cup flour all-purpose
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 0.3 cup shortening
- 1 cup granulated sugar
- 3 eggs separated
- 2 teaspoons vanilla paste

- 0.5 cup buttermilk
- 0.3 cup butter (do not use margarine)
- 8 oz cream cheese softened
- 1 lb powdered sugar (4 cups)
- 1.5 teaspoons vanilla paste

Equipment

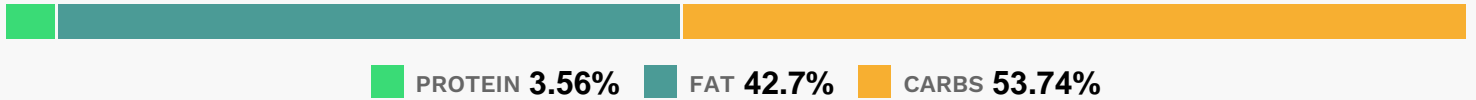
- food processor
- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 18 regular-size muffin cups.
- Spread pecans in ungreased shallow pan.
- Bake uncovered 6 to 10 minutes, stirring occasionally, until golden brown; cool.
- Place 1/4 cup of the pecans in food processor. Cover; process until finely chopped. In small bowl, mix finely chopped pecans and the brown sugar; set aside for topping.
- In another small bowl, mix flour and baking soda; set aside. In medium bowl, beat 1/4 cup butter and the shortening with electric mixer on medium speed until fluffy. Gradually add 3/4 cup of the granulated sugar, beating well.
- Add egg yolks, one at a time, beating until blended after each addition. Stir in 2 teaspoons vanilla bean paste.
- Add flour mixture alternately with buttermilk, beating on low speed after each addition until blended.

- In small bowl, beat egg whites with electric mixer on medium speed until soft peaks form.
- Add remaining 1/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold one-third of egg whites into batter; fold in remaining egg whites and remaining 1/2 cup toasted pecans. Divide batter evenly among muffin cups, filling two-thirds full.
- Bake 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pans to cooling racks. Cool completely.
- Meanwhile, in 1-quart heavy saucepan, cook 1/4 cup butter over medium heat, stirring constantly, until browned.
- Pour into large bowl; refrigerate 20 minutes.
- Add cream cheese to browned butter; beat with electric mixer on medium speed until smooth. Gradually add powdered sugar, beating until light and fluffy. Stir in 1 1/2 teaspoons vanilla bean paste.
- Frost each cupcake with generous 2 tablespoons frosting.
- Sprinkle with reserved pecan-brown sugar mixture.

Nutrition Facts



Properties

Glycemic Index:11.84, Glycemic Load:11.9, Inflammation Score:-3, Nutrition Score:4.028260876951%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 342.19kcal (17.11%), Fat: 16.55g (25.46%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 46.23g (16.81%), Sugar: 40.31g (44.79%), Cholesterol: 40.74mg (13.58%), Sodium: 148.56mg (6.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Manganese: 0.26mg (12.94%), Selenium: 6.36µg (9.09%), Vitamin A: 447.91IU (8.96%), Vitamin B2: 0.12mg (7.26%), Vitamin B1: 0.09mg (6.31%), Phosphorus: 55.32mg (5.53%), Folate: 18.72µg (4.68%), Vitamin E: 0.63mg (4.19%), Copper: 0.08mg (3.88%), Iron: 0.63mg

(3.48%), Calcium: 33.04mg (3.3%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.44mg (2.95%), Magnesium: 10.17mg (2.54%), Fiber: 0.62g (2.49%), Vitamin B3: 0.49mg (2.45%), Vitamin B12: 0.13µg (2.17%), Potassium: 69.24mg (1.98%), Vitamin K: 2µg (1.91%), Vitamin B6: 0.04mg (1.82%), Vitamin D: 0.23µg (1.56%)