



Buttermilk-Spice Cupcakes

 Vegetarian

READY IN



15 min.

SERVINGS



18

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 18 servings confectioners' sugar
- ☐ 2 large eggs at room temperature
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup buttermilk low-fat

- ☐ 1 pinch nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Line a 12-cup and a 6-cup muffin tin with paper liners.
- ☐ In a bowl, whisk flour, cinnamon, ginger, nutmeg, baking powder, baking soda and salt. In a large bowl, using an electric mixer on medium-high speed, beat butter and sugar until light, about 3 minutes. Beat in eggs 1 at a time, then mix in vanilla until smooth. Scrape down sides of bowl and mix again.
- ☐ Add 1/3 of flour mixture; beat on low speed until incorporated. Beat in 1/2 cup buttermilk. Repeat, ending with flour. Turn speed to high; beat for 30 seconds.
- ☐ Divide batter among muffin cups, filling 3/4 full.
- ☐ Bake until a toothpick inserted into center of a cupcake comes out clean, 18 to 20 minutes.
- ☐ Let cool for 5 minutes in pans on a wire rack; remove cupcakes to cool completely on rack.

Nutrition Facts



 **PROTEIN 5.68%**  **FAT 28.62%**  **CARBS 65.7%**

Properties

Glycemic Index:17.34, Glycemic Load:15.49, Inflammation Score:-2, Nutrition Score:3.2304348032112%

Nutrients (% of daily need)

Calories: 183.72kcal (9.19%), Fat: 5.91g (9.1%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 30.11g (10.95%), Sugar: 19.66g (21.84%), Cholesterol: 34.58mg (11.53%), Sodium: 177.86mg (7.73%), Alcohol: 0.08g (100%), Alcohol %: 0.16% (100%), Protein: 2.64g (5.28%), Selenium: 6.89µg (9.85%), Vitamin B1: 0.12mg (7.76%), Folate: 28.93µg (7.23%), Vitamin B2: 0.12mg (7.1%), Manganese: 0.13mg (6.4%), Iron: 0.8mg (4.46%), Phosphorus: 44.49mg (4.45%), Vitamin B3: 0.84mg (4.21%), Vitamin A: 192IU (3.84%), Calcium: 36.19mg (3.62%), Vitamin B5: 0.19mg (1.9%), Fiber: 0.42g (1.7%), Zinc: 0.24mg (1.58%), Vitamin B12: 0.09µg (1.49%), Vitamin E: 0.22mg (1.46%), Copper: 0.03mg (1.45%), Magnesium: 5.66mg (1.41%), Vitamin D: 0.2µg (1.36%), Potassium: 46.09mg (1.32%), Vitamin B6: 0.02mg (1.04%)