



Buttery Yellow Cupcakes with Chocolate Meringue Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons bourbon
- ☐ 10 tablespoon butter softened
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 3 large eggs

- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup half and half
- ☐ 0.3 cup potato flour
- ☐ 1 Dash salt
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.8 cups sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup water
- ☐ 0.8 cup milk whole

Equipment

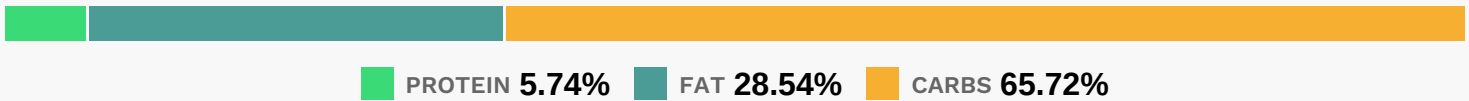
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cupcakes, lightly coat 24 muffin cups with cooking spray. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Weigh or lightly spoon potato starch into a dry measuring cup; level with a knife.
- ☐ Combine flour, potato starch, baking powder, and 1 teaspoon salt, stirring well with a whisk.

- ☐ Place 1 3/4 cups sugar and 10 tablespoons butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Combine milk and half-and-half.
- ☐ Add flour mixture and milk mixture alternately to butter mixture, beginning and ending with flour mixture. Beat just until combined. Fold in bourbon and 1 tablespoon vanilla. Divide batter evenly among prepared muffins cups; bake at 350 for 18 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 5 minutes.
- ☐ Remove cupcakes from pans; cool completely on wire racks.
- ☐ To prepare frosting, combine 1 cup sugar and 1/4 water in a saucepan; bring to a boil. Cook 3 minutes, without stirring, or until candy thermometer registers 25
- ☐ Combine egg whites, cream of tartar, and dash of salt in a large bowl. Using clean, dry beaters, beat with a mixer at high speed until foamy.
- ☐ Pour hot sugar syrup in a thin stream over egg white mixture, beating at high speed until stiff peaks form, about 3 minutes. Reduce mixer speed to low; continue beating until egg white mixture cools (about 12 minutes). Fold 1/4 cup unsweetened cocoa into cooled meringue mixture, and top each cupcake with about 2 tablespoons frosting.
- ☐ Sprinkle 1 tablespoon unsweetened cocoa evenly over cupcakes, if desired.

Nutrition Facts



Properties

Glycemic Index:17.09, Glycemic Load:20.51, Inflammation Score:-2, Nutrition Score:3.1569565275441%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 192.64kcal (9.63%), Fat: 6.18g (9.5%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 31.24g (11.36%), Sugar: 23.58g (26.21%), Cholesterol: 37.59mg (12.53%), Sodium: 184.73mg (8.03%), Alcohol: 0.6g (100%), Alcohol %: 1.17% (100%), Protein: 2.79g (5.59%), Selenium: 6µg (8.57%), Vitamin B2: 0.11mg (6.55%), Manganese: 0.11mg (5.4%), Phosphorus: 50.33mg (5.03%), Vitamin B1: 0.08mg (5.02%), Folate: 18.56µg

(4.64%), Vitamin A: 200.8IU (4.02%), Iron: 0.71mg (3.92%), Calcium: 36.41mg (3.64%), Copper: 0.07mg (3.31%), Fiber: 0.75g (3%), Vitamin B3: 0.59mg (2.94%), Magnesium: 11.32mg (2.83%), Potassium: 90.57mg (2.59%), Vitamin B6: 0.04mg (1.95%), Vitamin B5: 0.19mg (1.94%), Vitamin B12: 0.12µg (1.92%), Zinc: 0.27mg (1.83%), Vitamin E: 0.22mg (1.48%), Vitamin D: 0.21µg (1.39%)