



Candy'D Sweet Potato Cupcakes with Brown Sugar Icing

 Vegetarian

READY IN



115 min.

SERVINGS



48

CALORIES



124 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup powdered sugar sifted
- 0.8 cup t brown sugar dark packed
- 4 eggs at room temperature
- 3 cups flour all-purpose
- 2 teaspoons ground cinnamon

- 1.5 teaspoons ground ginger
- 0.5 cup cup heavy whipping cream
- 1 cup brown sugar light
- 1 large orange zest
- 0.3 teaspoon salt
- 2 pounds sweet potatoes and into cubed peeled
- 0.3 cup butter unsalted
- 0.3 teaspoon vanilla extract
- 1 cup granulated sugar white

Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- blender
- hand mixer
- toothpicks
- muffin liners
- muffin tray

Directions

- Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the sweet potato cubes, cover, and steam until just tender, 15 to 20 minutes depending on thickness.
- Remove the sweet potato from the steamer and allow to cool.
- Transfer the cooled sweet potato to a blender.

- Pour in the orange juice. Cover blender, and puree until smooth. If mixture is too thick, add more orange juice, 1 tablespoon at a time, until the sweet potato is blended.
- Preheat the oven to 350 degrees F (175 degrees C). Line 48 muffin cups with paper muffin liners.
- Beat 1 cup butter, light brown sugar, and white sugar with an electric mixer in a large bowl until light and fluffy.
- Add the eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in 2 teaspoons of vanilla extract with the last egg, then stir in the sweet potato puree and orange zest.
- Sift together the flour, baking powder, cinnamon, ginger, baking soda, and salt in a bowl.
- Mix the flour mixture into the sweet potato mixture, 1 cup at a time, mixing until just blended. Batter will be thick. Spoon the batter into the prepared muffin tins.
- Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out clean, about 18 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
- To make frosting: Sift the confectioners' sugar into a large bowl; set aside.
- Heat the brown sugar, heavy cream, and 1/4 cup butter in a saucepan over low heat until sugar dissolves, stirring occasionally. Increase heat to medium high and bring to a boil, stirring constantly. Boil until the brown sugar mixture thickens, about 3 minutes.
- Remove from heat, then stir in 1/4 teaspoon of vanilla extract.
- Whisk the brown sugar mixture into the confectioners' sugar until smooth, 1 to 2 minutes. Allow the sugar mixture to cool and thicken before icing the cooled cupcakes.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:9.14, Inflammation Score:-9, Nutrition Score:5.0478260180225%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.89kcal (6.19%), Fat: 2.31g (3.55%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 23.74g (8.63%), Sugar: 15.29g (16.99%), Cholesterol: 18.98mg (6.33%), Sodium: 71.51mg (3.11%), Alcohol: 0.01g (100%), Alcohol %: 0.02% (100%), Protein: 1.67g (3.34%), Vitamin A: 2768.4IU (55.37%), Manganese: 0.14mg (7.2%), Selenium: 4.15µg (5.93%), Vitamin B1: 0.08mg (5.23%), Folate: 18.4µg (4.6%), Vitamin B2: 0.07mg (4.33%), Iron: 0.64mg (3.58%), Fiber: 0.86g (3.43%), Phosphorus: 30.49mg (3.05%), Vitamin B3: 0.59mg (2.95%), Calcium: 28.65mg (2.87%), Vitamin B6: 0.05mg (2.72%), Potassium: 92.33mg (2.64%), Vitamin B5: 0.26mg (2.62%), Copper: 0.05mg (2.4%), Magnesium: 8.09mg (2.02%), Zinc: 0.17mg (1.16%)