



Carrot Cake Cupcakes



Vegetarian



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 100 g walnuts chopped
- ☐ 450 g carrots grated ()
- ☐ 3 large eggs
- ☐ 120 ml buttermilk for 10 minutes (or add a teaspoon of lemon juice to regular milk and allow to stand)
- ☐ 1 teaspoon vanilla extract
- ☐ 400 g sugar
- ☐ 240 ml vegetable oil
- ☐ 1 tablespoon orange zest

- ☐ 400 g flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup butter unsalted softened
- ☐ 16 ounces philadelphia cream cheese
- ☐ 2 cups powdered sugar sifted

Equipment

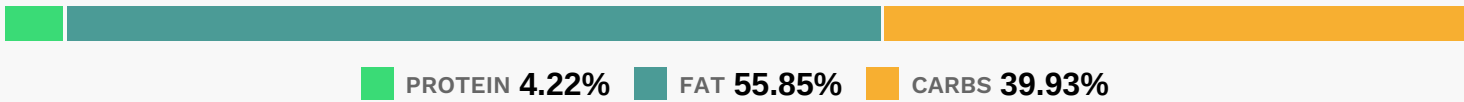
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Toast the walnuts: Preheat the oven to 350°F. Toast the walnuts in the oven for 5 minutes.
- ☐ Remove from the oven and set aside to cool.
- ☐ Line 2 12-well cupcake pans with cupcake liner papers.
- ☐ Mix wet ingredients and carrots:
- ☐ Place the buttermilk, oil, sugar, eggs, vanilla extract and orange zest together in a bowl and whisk thoroughly. Then stir in the grated carrots.
- ☐ Mix dry ingredients: In another bowl whisk the flour, baking soda, baking powder, salt, cardamom, and cinnamon.
- ☐ Fold dry ingredients into wet, add walnuts: Fold the flour mixture into the carrot mixture, being sure not to over-mix. Fold in the toasted walnuts until evenly incorporated.
- ☐ the batter into cupcake papers about 1/2 to 3/4 full and bake for 19–21 minutes at 350° F, rotating the pan after the first 15 minutes of baking.

- ☐
- Cool for 5 minutes before taking the cupcakes out of the cupcake tin and allowing them to fully cool on a wire rack.
- ☐
- the frosting: Beat the cream cheese and butter on medium speed until well combined. Sift in the powdered sugar and mix.
- ☐
- Spread or pipe onto cooled cupcakes.

Nutrition Facts



Properties

Glycemic Index:14.21, Glycemic Load:21.86, Inflammation Score:-9, Nutrition Score:9.952608725299%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 425.4kcal (21.27%), Fat: 26.98g (41.5%), Saturated Fat: 10.57g (66.04%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 42.03g (15.29%), Sugar: 28.35g (31.5%), Cholesterol: 62.67mg (20.89%), Sodium: 260.9mg (11.34%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 4.59g (9.18%), Vitamin A: 3658.75IU (73.18%), Vitamin K: 20.69µg (19.7%), Manganese: 0.32mg (15.78%), Selenium: 9.68µg (13.83%), Vitamin B1: 0.17mg (11.09%), Folate: 44.18µg (11.04%), Vitamin B2: 0.18mg (10.65%), Vitamin E: 1.37mg (9.16%), Phosphorus: 81.75mg (8.18%), Iron: 1.16mg (6.42%), Vitamin B3: 1.25mg (6.25%), Calcium: 58.51mg (5.85%), Copper: 0.11mg (5.58%), Fiber: 1.35g (5.41%), Vitamin C: 3.51mg (4.25%), Vitamin B6: 0.08mg (4.01%), Potassium: 139.58mg (3.99%), Magnesium: 15.76mg (3.94%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.49mg (3.23%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.27µg (1.78%)