



Carrot Cupcakes with Orange Icing



Vegetarian



Dairy Free

READY IN



1500 min.

SERVINGS



12

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 12 servings garnish: candied carrot curls
- ☐ 4 medium carrots
- ☐ 1.3 cups confectioners sugar
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.8 cup vegetable oil

Equipment

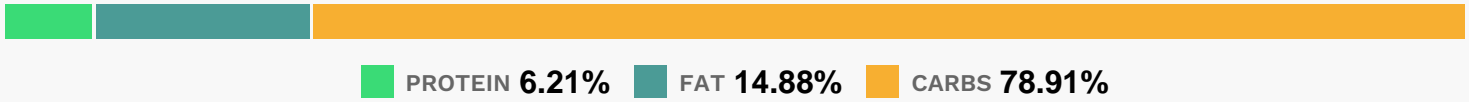
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ box grater

Directions

- ☐ Preheat oven to 350°F with rack in middle. Line muffin cups with paper liners.
- ☐ Coarsely grate enough carrots to measure 2 cups using large teardrop holes of a box grater.
- ☐ Whisk together flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg in a bowl.
- ☐ Whisk together oil, eggs, brown sugar, grated carrots, and vanilla in a large bowl, then stir in flour mixture until just combined.
- ☐ Divide batter among muffin cups and bake until golden and a wooden pick inserted into center of a cupcake comes out clean, 20 to 25 minutes.
- ☐ Cool in pan on a rack 10 minutes.
- ☐ Remove cupcakes from pan and cool completely on rack, about 1 hour more.
- ☐ Sift confectioners sugar into a bowl.

- ☐ Whisk in zest and 2 tablespoons juice until smooth. If icing is too thick, add more juice, 1 teaspoon at a time. Dip top of each cupcake into icing, letting excess drip off. Put a carrot curl on top of each and let icing set, about 15 minutes.
- ☐ Cupcakes, without
- ☐ Garnish, can be made and iced 1 day ahead, then kept in 1 layer in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:11.59, Inflammation Score:-10, Nutrition Score:12.083043481993%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 255.2kcal (12.76%), Fat: 4.3g (6.61%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 48.36g (17.58%), Sugar: 34.39g (38.21%), Cholesterol: 46.5mg (15.5%), Sodium: 325.68mg (14.16%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 4.03g (8.07%), Vitamin A: 14162.8IU (283.26%), Vitamin K: 16.28µg (15.51%), Manganese: 0.3mg (15.13%), Selenium: 9.57µg (13.67%), Folate: 51.6µg (12.9%), Vitamin B1: 0.19mg (12.41%), Fiber: 2.91g (11.63%), Vitamin B2: 0.19mg (11%), Potassium: 336.9mg (9.63%), Vitamin B3: 1.81mg (9.03%), Calcium: 84.31mg (8.43%), Phosphorus: 83.68mg (8.37%), Iron: 1.43mg (7.94%), Vitamin C: 6.51mg (7.9%), Vitamin B6: 0.15mg (7.71%), Vitamin E: 0.93mg (6.17%), Vitamin B5: 0.52mg (5.21%), Magnesium: 17.57mg (4.39%), Copper: 0.08mg (4.1%), Zinc: 0.49mg (3.26%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)