

Celebration Cupcakes



33 min.



100



DESSERT

Ingredients

1.3 cups milk

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100 servings food coloring blue red (and)

П	0.5 teaspoon salt
	2 cups sugar
Εq	uipment
	bowl
	oven
	hand mixer
Di	rections
	Preheat oven to 35
	Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well. Beat in egg whites.
	Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Stir in extract.
	Divide batter into 3 bowls. Tint 1 bowl with desired amount red food coloring, and 1 bowl with desired amount blue food coloring.
	Layer blue, white, and red batter evenly into baking cups in 2 (12-cup) muffin pans.
	Bake 18 to 20 minutes. Cool in pans 10 minutes; transfer to wire racks to cool completely.
	Frost cooled cupcakes with Fluffy White Frosting; garnish, if desired.
Nutrition Facts	
	PROTEIN 3.77% FAT 37.78% CARBS 58.45%

Properties

Glycemic Index:3.89, Glycemic Load:16.14, Inflammation Score:-1, Nutrition Score:3.0799999748883%

Nutrients (% of daily need)

Calories: 234.59kcal (11.73%), Fat: 9.85g (15.16%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 33.84g (12.3%), Sugar: 19.33g (21.47%), Cholesterol: 5.27mg (1.76%), Sodium: 137.89mg (6%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Protein: 2.21g (4.43%), Vitamin B1: 0.13mg (8.69%), Folate: 29.68µg (7.42%), Manganese: 0.15mg (7.3%), Vitamin B2: 0.12mg (7.08%), Vitamin B3: 1.15mg (5.73%), Iron: 1.02mg (5.67%), Selenium: 3.48µg (4.97%), Vitamin E: 0.74mg (4.93%), Vitamin K: 3.26µg (3.1%), Phosphorus: 28.39mg (2.84%),

Fiber: 0.47g (1.86%), Vitamin A: 86.08IU (1.72%), Copper: 0.03mg (1.57%), Calcium: 13.63mg (1.36%), Magnesium: 5.41mg (1.35%), Zinc: 0.18mg (1.2%), Vitamin B5: 0.12mg (1.19%), Vitamin B6: 0.02mg (1.18%), Potassium: 37.17mg (1.06%)