



Chai Latte Cupcakes



Dairy Free



Popular

READY IN



110 min.

SERVINGS



24

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 1.1 oz chai concentrate instant (or 3 tablespoons from larger container)
- ☐ 1 Cups baking mix
- ☐ 1 cup vanilla extract white
- ☐ 1 box vanilla cake donut holes french betty crocker® supermoist®
- ☐ 1 container vanilla frosting betty crocker®

Equipment

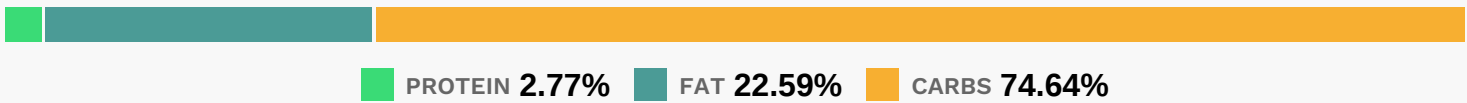
- ☐ bowl
- ☐ oven

- ☐ wire rack
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place Reynolds Baking Cups in each of 24 regular-size muffin cups.
- ☐ Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ In medium microwavable bowl, microwave baking chips on High 30 seconds; stir until melted. If necessary, microwave 15 seconds longer. Stir until smooth; cool 5 minutes. Stir in frosting until well blended.
- ☐ Immediately spread or pipe frosting mixture on cupcakes.
- ☐ Sprinkle with cinnamon. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:5.62, Inflammation Score:-1, Nutrition Score:2.8317390986435%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 1.06mg, Thearubigins: 1.06mg, Thearubigins: 1.06mg, Thearubigins: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 206.97kcal (10.35%), Fat: 4.69g (7.21%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 34.52g (12.55%), Sugar: 22.89g (25.43%), Cholesterol: 0.1mg (0.03%), Sodium: 249.32mg (10.84%), Alcohol: 2.98g (100%), Alcohol %: 6.78% (100%), Protein: 1.29g (2.59%), Phosphorus: 105.84mg (10.58%), Vitamin B2: 0.14mg (7.95%), Calcium: 57.66mg (5.77%), Folate: 22.93µg (5.73%), Vitamin B1: 0.08mg (5.22%), Manganese: 0.08mg (4.2%), Vitamin B3: 0.82mg (4.1%), Iron: 0.6mg (3.33%), Vitamin E: 0.49mg (3.26%), Vitamin K: 3.41µg (3.25%), Selenium: 2.25µg (3.21%), Copper: 0.03mg (1.58%), Fiber: 0.34g (1.37%), Magnesium: 4.89mg (1.22%), Vitamin B5: 0.12mg (1.21%), Potassium: 41.36mg (1.18%), Zinc: 0.15mg (1.02%)