



Chef John's Red Velvet Cupcakes

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.8 cup buttermilk
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 tablespoon food coloring red
- ☐ 0.5 teaspoon salt

- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white
- ☐ 2 teaspoons vinegar white

Equipment

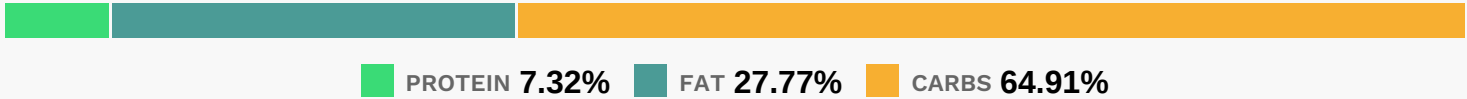
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ stand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 12 muffin cups with paper liners.
- ☐ Sift flour, cocoa, baking soda, salt, and baking powder together in a large mixing bowl until combined.
- ☐ Place butter and sugar into the work bowl of a large stand mixer fitted with a whisk attachment. Beat butter and sugar together until light and fluffy. Scrape down attachment and bowl.
- ☐ Add eggs into butter-sugar mixture, one at a time, mixing the first egg in thoroughly before adding the second. Scrape down sides of bowl as you work.
- ☐ Beat buttermilk and vinegar into moist ingredients, followed by vanilla extract and red food coloring.
- ☐ Mix until color is even.
- ☐ Pour dry ingredients into wet ingredients and gently whisk by hand until batter is smooth. Spoon batter into prepared muffin cups, filling them about 3/4 full.

- ☐
- Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out clean, 20 to 25 minutes.
- ☐
- Let sit in the pan for 10 minutes; remove cupcakes from pan and cool completely on a cooling rack before frosting. Unwrap cupcakes before frosting.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:19.62, Inflammation Score:-2, Nutrition Score:4.0404347518216%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 173.98kcal (8.7%), Fat: 5.49g (8.44%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 28.01g (10.19%), Sugar: 17.5g (19.45%), Cholesterol: 42.82mg (14.27%), Sodium: 213.77mg (9.29%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 3.25g (6.5%), Selenium: 8.15µg (11.65%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.12mg (8.04%), Folate: 30.63µg (7.66%), Manganese: 0.15mg (7.39%), Phosphorus: 61.92mg (6.19%), Iron: 1.02mg (5.64%), Calcium: 46.63mg (4.66%), Vitamin B3: 0.87mg (4.35%), Copper: 0.08mg (3.93%), Vitamin A: 187.93IU (3.76%), Fiber: 0.84g (3.35%), Magnesium: 12.03mg (3.01%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.15µg (2.52%), Vitamin D: 0.36µg (2.41%), Zinc: 0.35mg (2.36%), Potassium: 67.68mg (1.93%), Vitamin E: 0.22mg (1.45%), Vitamin B6: 0.03mg (1.37%)