

Classic Cupcakes with Lemon Meringue Frosting

 Vegetarian

READY IN

ready

115 min.

SERVINGS

servings

12

CALORIES

calories

228 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 pinch cream of tartar
- ☐ 4 large egg whites
- ☐ 2 large eggs room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 1 drops pastel food coloring
- ☐ 1 teaspoon juice of lemon

- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt fine
- ☐ 1 pinch salt fine
- ☐ 0.7 cup sugar
- ☐ 0.8 cup butter unsalted melted
- ☐ 2 teaspoons vanilla extract pure

Equipment

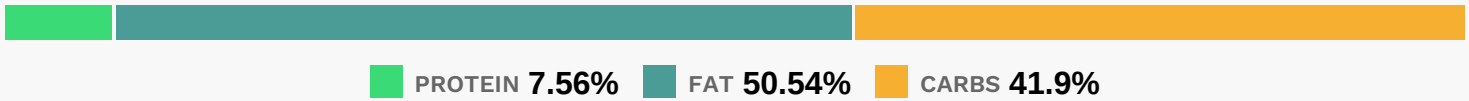
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray
- ☐ offset spatula

Directions

- ☐ Special equipment: Standard 12 (1/2 cup) muffin tin
- ☐ Preheat the oven to 350 degrees F. Line the muffin tin with cupcake liners.
- ☐ Whisk the flour, baking powder, and salt together in a medium bowl.
- ☐ In another medium bowl, beat the eggs and sugar with an electric mixer until light and foamy, about 2 minutes. While beating, gradually pour in the butter and then the vanilla.
- ☐ While mixing slowly, add half the dry ingredients, then add all the milk, and follow with the rest of the dry ingredients. Take care not to over mix the batter. Divide the batter evenly in the prepared tin (about 1/3 cup batter per cup cake.)
- ☐ Bake until a tester inserted in the center of the cakes comes out clean, 20 to 25 minutes. Cool cupcakes on a rack in the tin for 10 minutes, then remove. Cool on the rack completely.

- ☐ For Meringue: Bring a few inches of water to a boil in a saucepan that can hold a mixer's bowl above the water.
- ☐ Whisk the egg whites, sugar, lemon juice and zest, cream of tarter and salt in the bowl by hand. Set the bowl above the boiling water and continue whisking until the mixture is hot to the touch and the sugar dissolves, about 1 to 2 minutes.
- ☐ Transfer the mixture to a standing mixer fitted with the whisk attachment and beat at medium-high speed until meringue is cool and holds a soft peak, about 5 minutes.
- ☐ Add a few drops of desired food coloring and continue beating until it holds stiff peaks.
- ☐ To decorate: Using a spoon, offset spatula or piping bag, dollop, spread or pipe meringue on top of each cupcake. Use the back of a spoon to create peaks and valleys in the cupcake as desired.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:16.69, Inflammation Score:-3, Nutrition Score:4.4582608251468%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 227.68kcal (11.38%), Fat: 12.83g (19.75%), Saturated Fat: 7.76g (48.51%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 23.5g (8.55%), Sugar: 11.84g (13.15%), Cholesterol: 62.72mg (20.91%), Sodium: 140.74mg (6.12%), Alcohol: 0.23g (100%), Alcohol %: 0.4% (100%), Protein: 4.32g (8.64%), Selenium: 10.46µg (14.94%), Vitamin B2: 0.19mg (10.9%), Vitamin B1: 0.13mg (8.87%), Folate: 33.48µg (8.37%), Vitamin A: 416.12IU (8.32%), Phosphorus: 59.75mg (5.98%), Manganese: 0.11mg (5.67%), Calcium: 53.54mg (5.35%), Iron: 0.95mg (5.27%), Vitamin B3: 0.96mg (4.8%), Vitamin D: 0.49µg (3.28%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.27mg (2.72%), Vitamin B12: 0.16µg (2.72%), Potassium: 80.57mg (2.3%), Zinc: 0.28mg (1.85%), Magnesium: 7.42mg (1.85%), Fiber: 0.44g (1.77%), Copper: 0.04mg (1.76%), Vitamin B6: 0.03mg (1.44%), Vitamin K: 1.1µg (1.04%)