



HEALTH SCORE

75%

Coconut Cupcakes



Vegetarian



Very Healthy

READY IN



85 min.

SERVINGS



1

CALORIES



11078 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons vanilla and almond extracts
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2.8 cups butter at room temperature
- ☐ 1.5 cups coconut or plain flaked toasted
- ☐ 1 cup coconut milk
- ☐ 8 ounces cream cheese at room temperature
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose

- ☐ 2 cups granulated sugar
- ☐ 2.8 cups powdered sugar

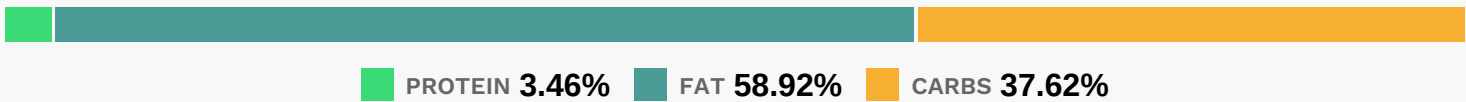
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 35
- ☐ In a large bowl, cream together 2 cups butter and granulated sugar until light and fluffy.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Mix in 1 1/2 teaspoons each vanilla and almond extracts.
- ☐ In another large bowl, combine flour, baking powder, baking soda, and salt.
- ☐ Add to butter and sugar mixture in 3 batches, alternating with coconut milk. Stir 1 cup flaked coconut into the batter.
- ☐ Fill 30 paper-lined muffin cups (1/2-cup capacity) in two or more muffin pans about 2/3 full with batter.
- ☐ Bake until a toothpick inserted into the center of a cupcake comes out clean, 15 to 20 minutes. Cool for 10 minutes before removing muffins from pans. Cool completely.
- ☐ Meanwhile, in a medium bowl, beat cream cheese, 3/4 cup butter, and 1/2 teaspoon each vanilla and almond extract until smooth. Gradually beat in powdered sugar. Frost cupcakes and sprinkle with remaining coconut.

Nutrition Facts



Properties

Glycemic Index:421.09, Glycemic Load:496.58, Inflammation Score:-10, Nutrition Score:77.594347601352%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 11078.46kcal (553.92%), Fat: 742.73g (1142.67%), Saturated Fat: 489.52g (3059.52%), Carbohydrates: 1067.02g (355.67%), Net Carbohydrates: 1035.11g (376.4%), Sugar: 742.31g (824.79%), Cholesterol: 2315.2mg (771.73%), Sodium: 5316.8mg (231.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 98.22g (196.45%), Manganese: 8.09mg (404.31%), Vitamin A: 19725.96IU (394.52%), Selenium: 242.57µg (346.53%), Vitamin B2: 3.86mg (226.93%), Vitamin B1: 3.25mg (216.65%), Folate: 866.02µg (216.51%), Iron: 33.88mg (188.23%), Phosphorus: 1755.4mg (175.54%), Vitamin E: 21.37mg (142.45%), Fiber: 31.91g (127.65%), Vitamin B3: 25.26mg (126.28%), Copper: 2.38mg (118.87%), Magnesium: 380.25mg (95.06%), Vitamin B5: 8.09mg (80.91%), Calcium: 758.23mg (75.82%), Zinc: 11.05mg (73.68%), Potassium: 2389.61mg (68.27%), Vitamin B12: 3.34µg (55.67%), Vitamin B6: 1.11mg (55.37%), Vitamin K: 50.57µg (48.16%), Vitamin D: 4µg (26.67%), Vitamin C: 4.17mg (5.06%)