



Coconut Cupcakes with Coconut-Cream Cheese Frosting

READY IN



44 min.

SERVINGS



1

CALORIES



5190 kcal

DESSERT

Ingredients

- 1 tablespoon amaretto
- 1 tablespoon double-acting baking powder
- 0.8 cup butter softened
- 3 cups cake flour
- 0.5 teaspoon coconut extract
- 1 cup coconut milk divided
- 6 large egg whites
- 1.5 cups coconut flakes unsweetened toasted

- 0.3 teaspoon salt
- 1.5 cups sugar
- 1 teaspoon vanilla extract

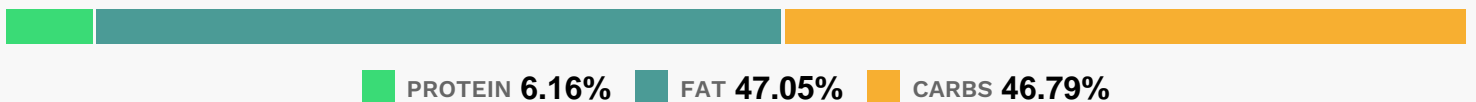
Equipment

- oven
- hand mixer

Directions

- Beat butter at medium speed with an electric mixer until fluffy and creamy. Gradually add sugar, beating until well blended.
- Add egg whites, 1 at a time, beating until blended after each addition.
- Add extracts; beat well.
- Combine flour, baking powder, and salt; add to butter mixture alternately with 1 cup coconut milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition.
- Divide batter evenly among 18 paper-lined cups of muffin pans.
- Bake at 350 for 20 to 23 minutes or until batter is set but centers of cupcakes still look slightly wet. (Do not overcook.) Cool in pans 10 minutes; transfer to wire racks.
- Combine amaretto liqueur and remaining 3 tablespoons coconut milk; stir well. Spoon mixture evenly over tops of warm cupcakes, spreading with back of spoon. Cool completely.
- Frost cupcakes with Coconut-Cream Cheese Frosting, and sprinkle with toasted coconut. Store at room temperature.

Nutrition Facts



Properties

Glycemic Index:376.09, Glycemic Load:394.88, Inflammation Score:-10, Nutrition Score:55.39434783355%

Nutrients (% of daily need)

Calories: 5190.3kcal (259.52%), Fat: 276.12g (424.81%), Saturated Fat: 204.14g (1275.88%), Carbohydrates: 617.81g (205.94%), Net Carbohydrates: 588g (213.82%), Sugar: 317.09g (352.32%), Cholesterol: 366.04mg (122.01%), Sodium: 3365.59mg (146.33%), Alcohol: 6.12g (100%), Alcohol %: 0.54% (100%), Caffeine: 3.9mg (1.3%), Protein: 81.31g (162.62%), Manganese: 8.26mg (412.98%), Selenium: 215.64µg (308.05%), Fiber: 29.81g (119.23%), Phosphorus: 1178.13mg (117.81%), Copper: 2.28mg (114.01%), Iron: 16.75mg (93.07%), Calcium: 894.14mg (89.41%), Magnesium: 342.13mg (85.53%), Vitamin A: 4262.05IU (85.24%), Vitamin B2: 1.34mg (79.09%), Potassium: 1950.71mg (55.73%), Zinc: 7.27mg (48.49%), Folate: 179.89µg (44.97%), Vitamin E: 6.01mg (40.07%), Vitamin B5: 3.57mg (35.74%), Vitamin B3: 6.29mg (31.43%), Vitamin B6: 0.6mg (30.06%), Vitamin B1: 0.44mg (29.6%), Vitamin K: 13.43µg (12.79%), Vitamin B12: 0.47µg (7.79%), Vitamin C: 4.17mg (5.06%)