



WHATSheATE



HEALTH SCORE

68%

Coconut-Pecan Cupcakes



Very Healthy

READY IN



135 min.

SERVINGS



1

CALORIES



5861 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 5 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans toasted finely chopped
- ☐ 1 serving pecans salted chopped
- ☐ 0.5 cup shortening

- ☐ 2 cups sugar
- ☐ 1 cup coconut sweetened flaked
- ☐ 1 tablespoon vanilla extract

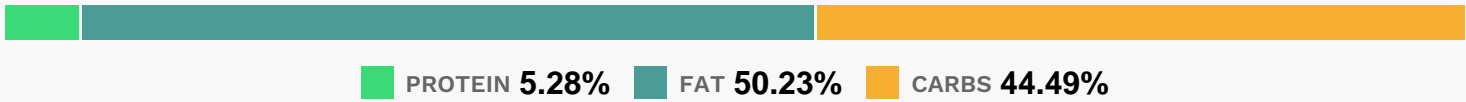
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and shortening at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add egg yolks, 1 at a time, beating until blended after each addition.
- ☐ Add vanilla; beat until blended.
- ☐ Combine flour and baking soda; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in coconut and pecans.
- ☐ Beat egg whites at high speed until stiff peaks form, and fold into batter.
- ☐ Place 36 paper baking cups in 3 (12-cup) muffin pans; spoon batter into cups, filling half full.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in centers comes out clean.
- ☐ Remove from pans to wire racks, and let cool completely (about 45 minutes).
- ☐ Pipe frosting onto cupcakes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:246.09, Glycemic Load:421.4, Inflammation Score:-10, Nutrition Score:75.057391239249%

Flavonoids

Cyanidin: 11.81mg, Cyanidin: 11.81mg, Cyanidin: 11.81mg, Cyanidin: 11.81mg Delphinidin: 8.01mg, Delphinidin: 8.01mg, Delphinidin: 8.01mg, Delphinidin: 8.01mg Catechin: 7.96mg, Catechin: 7.96mg, Catechin: 7.96mg, Catechin: 7.96mg Epigallocatechin: 6.19mg, Epigallocatechin: 6.19mg, Epigallocatechin: 6.19mg, Epigallocatechin: 6.19mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3–gallate: 2.53mg, Epigallocatechin 3–gallate: 2.53mg, Epigallocatechin 3–gallate: 2.53mg, Epigallocatechin 3–gallate: 2.53mg

Nutrients (% of daily need)

Calories: 5861.33kcal (293.07%), Fat: 333.01g (512.32%), Saturated Fat: 125.98g (787.35%), Carbohydrates: 663.72g (221.24%), Net Carbohydrates: 637.99g (232%), Sugar: 449.87g (499.86%), Cholesterol: 1200.43mg (400.14%), Sodium: 2687.73mg (116.86%), Alcohol: 4.47g (100%), Alcohol %: 0.36% (100%), Protein: 78.75g (157.5%), Manganese: 7.6mg (379.78%), Selenium: 191.79µg (273.98%), Vitamin B1: 2.94mg (196.11%), Vitamin B2: 3.07mg (180.76%), Folate: 617.16µg (154.29%), Phosphorus: 1386.72mg (138.67%), Iron: 20.42mg (113.46%), Copper: 2.21mg (110.41%), Fiber: 25.73g (102.9%), Vitamin A: 4643.97IU (92.88%), Vitamin E: 13.4mg (89.33%), Vitamin B3: 17.15mg (85.73%), Zinc: 11.63mg (77.53%), Vitamin B5: 7.73mg (77.34%), Magnesium: 289.28mg (72.32%), Vitamin K: 68.54µg (65.28%), Vitamin B12: 3.52µg (58.7%), Calcium: 573.54mg (57.35%), Vitamin D: 8.12µg (54.13%), Potassium: 1748.83mg (49.97%), Vitamin B6: 0.89mg (44.29%), Vitamin C: 1.21mg (1.47%)