



Coconut Rum and Lime Cupcakes

READY IN



140 min.

SERVINGS



24

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons baking soda
- ☐ 1 cup buttermilk
- ☐ 2.5 cups cake flour
- ☐ 0.8 cups canola oil
- ☐ 0.5 cup coconut milk
- ☐ 2 tablespoons coconut milk
- ☐ 1 tablespoon malibu coconut rum
- ☐ 2 large egg yolks
- ☐ 2 large eggs

- ☐ 4 extra large eggs
- ☐ 1 cup granulated sugar
- ☐ 2 cups granulated sugar
- ☐ 0.7 cup juice of lime freshly squeezed
- ☐ 1.5 teaspoons lime zest
- ☐ 3.5 cups powdered sugar
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon sea salt
- ☐ 1 cup coconut or shredded sweetened
- ☐ 6 tablespoons butter unsalted
- ☐ 8 ounces butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

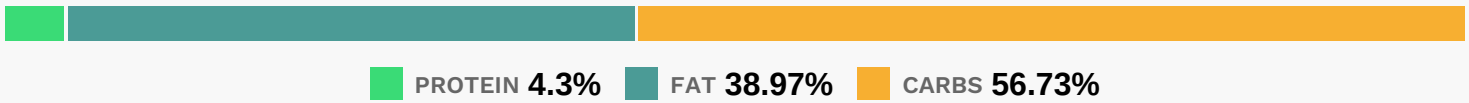
Directions

- ☐ For the cupcakes: Preheat the oven to 325 degrees F and line muffin pans with paper liners.
- ☐ In a medium bowl, sift the cake flour, granulated sugar, baking soda and salt.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, combine the oil, buttermilk, coconut milk, vanilla and eggs.
- ☐ Mix until all the ingredients are fully combined, about 1 minute. Slowly add the dry ingredients to the wet ingredients and mix only until all the ingredients are barely incorporated. Fold in

the shredded coconut. Fill the liners about three-quarters of the way full and bake, 17 to 19 minutes.

- ☐ Let the cupcakes cool slightly before removing them from the pan and transferring to a cooling rack.
- ☐ For the lime curd: In the bowl of an electric mixer, beat the butter and granulated sugar until light and fluffy. Slowly add the eggs and yolks, and then beat until combined.
- ☐ Add the lime juice. The mixture WILL look curdled. Do not fear, it will smooth out as the butter melts when you cook the mixture.
- ☐ In a stainless steel saucepan, cook the mixture over low heat until it smooths out. Increase the heat to medium and cook, stirring constantly, until the mixture is thick, 10 to 12 minutes. Do not let it boil.
- ☐ Remove the curd from the heat and stir in the lime zest.
- ☐ Put the curd in a clean bowl and wrap it tightly.
- ☐ Place in the fridge until cool, about 1 hour.
- ☐ For the frosting: In electric mixing bowl with paddle attachment, beat the butter until fluffy and pale in color.
- ☐ Add the powdered sugar gradually and beat until fully combined.
- ☐ Drizzle in the coconut milk and rum.
- ☐ Add more powdered sugar or coconut rum to adjust the consistency of the frosting.
- ☐ Core out the center of the cupcakes, fill with lime curd and frost with coconut rum frosting.

Nutrition Facts



Properties

Glycemic Index:19.34, Glycemic Load:23.89, Inflammation Score:-3, Nutrition Score:4.4786956102952%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 379.35kcal (18.97%), Fat: 16.8g (25.84%), Saturated Fat: 9.84g (61.51%), Carbohydrates: 55.01g (18.34%), Net Carbohydrates: 54.5g (19.82%), Sugar: 44.41g (49.35%), Cholesterol: 94.46mg (31.49%), Sodium: 196.05mg (8.52%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 4.17g (8.35%), Selenium: 11.5µg (16.42%), Manganese: 0.25mg (12.53%), Vitamin A: 437.13IU (8.74%), Phosphorus: 67.2mg (6.72%), Vitamin B2: 0.11mg (6.39%), Vitamin E: 0.81mg (5.42%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.4mg (4.03%), Iron: 0.7mg (3.87%), Folate: 15.42µg (3.85%), Vitamin B12: 0.22µg (3.6%), Copper: 0.07mg (3.46%), Zinc: 0.48mg (3.19%), Calcium: 29.04mg (2.9%), Magnesium: 11.39mg (2.85%), Vitamin C: 2.14mg (2.59%), Vitamin B6: 0.05mg (2.56%), Potassium: 84.65mg (2.42%), Fiber: 0.51g (2.05%), Vitamin K: 2.08µg (1.98%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.22mg (1.11%)