



Crimson Tide Cupcakes

 Vegetarian

READY IN



138 min.

SERVINGS



1

CALORIES



3925 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 3 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 oz purple gel food coloring red
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar

- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vinegar white
- ☐ 1 serving frangelico
- ☐ 1 serving frangelico

Equipment

- ☐ oven
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in food coloring and vanilla until blended.
- ☐ Combine flour, cocoa, and salt. Stir together buttermilk, vinegar, and baking soda in a 4-cup liquid measuring cup. (
- ☐ Mixture will bubble.)
- ☐ Add flour mixture to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed until blended after each addition.
- ☐ Place 24 paper baking cups in 2 (12-cup) muffin pans; spoon batter into cups, filling three-fourths full.
- ☐ Bake at 350 for 18 to 20 minutes or until wooden pick inserted in centers comes out clean.
- ☐ Remove cupcakes from pans to wire racks, and let cool completely (about 45 minutes).
- ☐ Pipe frosting onto cupcakes.
- ☐ Garnish, if desired.

Nutrition Facts



 PROTEIN 6.35%  FAT 37.55%  CARBS 56.1%

Properties

Glycemic Index:276.09, Glycemic Load:385.64, Inflammation Score:-10, Nutrition Score:60.569130317025%

Flavonoids

Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 3925.09kcal (196.25%), Fat: 166.36g (255.94%), Saturated Fat: 98.46g (615.37%), Carbohydrates: 559.36g (186.45%), Net Carbohydrates: 545.37g (198.32%), Sugar: 313.39g (348.21%), Cholesterol: 950.44mg (316.81%), Sodium: 3829.93mg (166.52%), Alcohol: 1.38g (100%), Alcohol %: 0.14% (100%), Caffeine: 34.5mg (11.5%), Protein: 63.27g (126.55%), Selenium: 166.61µg (238.01%), Vitamin B1: 2.65mg (176.44%), Folate: 664.28µg (166.07%), Vitamin B2: 2.8mg (164.52%), Manganese: 2.79mg (139.57%), Vitamin A: 5460.55IU (109.21%), Iron: 19.49mg (108.25%), Phosphorus: 990.34mg (99.03%), Vitamin B3: 19.19mg (95.97%), Copper: 1.21mg (60.61%), Fiber: 13.99g (55.95%), Vitamin B5: 4.81mg (48.07%), Magnesium: 189.68mg (47.42%), Calcium: 472.05mg (47.21%), Vitamin B12: 2.73µg (45.47%), Zinc: 6.25mg (41.65%), Vitamin D: 6.12µg (40.8%), Vitamin E: 5.9mg (39.3%), Potassium: 1146.71mg (32.76%), Vitamin B6: 0.5mg (25.14%), Vitamin K: 14.4µg (13.71%)