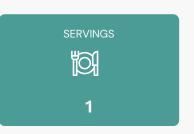


Crimson Tide Cupcakes

Vegetarian







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 vanill 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

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, 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%)