



Cupcakes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



260 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 stick plus 1 tablespoon butter soft
- 3 cups confectioners' sugar
- 2 large egg whites (or substitute powdered egg whites)
- 2 eggs
- 0.8 cup flour all-purpose
- 1 teaspoon juice of lemon

- 2 tablespoons milk
- 0.5 cup sugar
- 2 teaspoons vanilla extract

Equipment

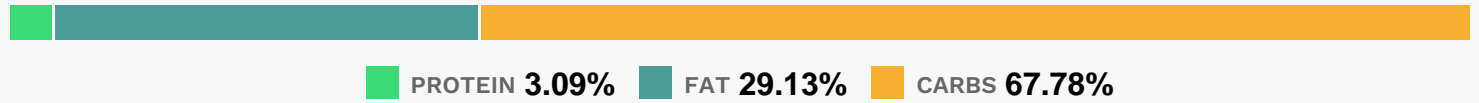
- food processor
- oven
- whisk
- mixing bowl
- wire rack
- hand mixer
- muffin tray
- funnel

Directions

- Royal Icing, recipe follows
- Special equipment: 12 bun muffin pan, lined with muffin papers.
- Take everything you need out of the fridge in time to get to room temperature – and this makes a huge difference to the lightness of the cupcakes later – and preheat the oven to 400 degrees F.
- Put all of the ingredients for the cupcakes except for the milk into a food processor and blitz until smooth. Pulse while adding the milk down the funnel, to make a smooth dropping consistency.
- Divide the mixture between a 12-bun muffin tin lined with muffin papers, and bake in the oven for 15 to 20 minutes. They should have risen and be golden on top.
- Let them cool a little in their tins on a rack, and then take them carefully out of the tin to cool in their papers, still on the wire rack.
- Ice with Royal Icing.
- Combine the egg whites and confectioners' sugar in a medium-size mixing bowl and whip with an electric mixer on medium speed until opaque and shiny, about 5 minutes.

Whisk in the lemon juice, this will thin out the icing. Beat for another couple of minutes until you reach the right spreading consistency for the cupcakes.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:10.26, Inflammation Score:-2, Nutrition Score:2.4178260882264%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 259.55kcal (12.98%), Fat: 8.52g (13.11%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 44.38g (16.14%), Sugar: 37.93g (42.15%), Cholesterol: 47.83mg (15.94%), Sodium: 155.88mg (6.78%), Alcohol: 0.23g (100%), Alcohol %: 0.43% (100%), Protein: 2.03g (4.06%), Selenium: 5.48µg (7.83%), Vitamin A: 279IU (5.58%), Vitamin B2: 0.09mg (5.35%), Folate: 18.14µg (4.53%), Vitamin B1: 0.07mg (4.42%), Phosphorus: 35.3mg (3.53%), Calcium: 30.79mg (3.08%), Iron: 0.55mg (3.07%), Manganese: 0.06mg (2.93%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.3mg (2.01%), Vitamin B5: 0.17mg (1.68%), Vitamin B12: 0.1µg (1.58%), Vitamin D: 0.17µg (1.16%), Zinc: 0.17mg (1.15%)