



Double Ginger Cupcakes with Lemon Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons butter softened
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 teaspoon ground ginger
- ☐ 3 teaspoons juice of lemon fresh
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.7 cup powdered sugar sifted
- ☐ 0.3 teaspoon salt

Equipment

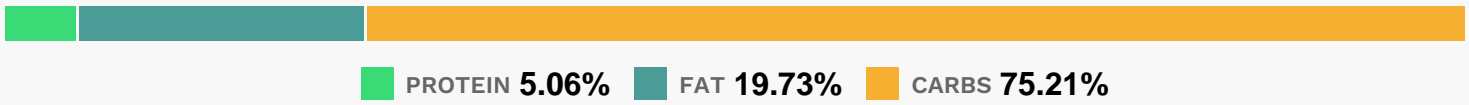
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cupcakes, line 12 muffin cups with foil liners.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 6 ingredients (through allspice), stirring mixture with a whisk.
- ☐ Combine buttermilk and molasses, stirring with a whisk.
- ☐ Place brown sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 1 minute).

- ☐ Add fresh ginger and egg; beat well. Beating at low speed, add flour mixture to butter mixture alternately with molasses mixture, beginning and ending with flour mixture. Beat just until blended. Divide batter evenly among muffin cups.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.
- ☐ Remove from pan.
- ☐ To prepare glaze, combine powdered sugar and juice, stirring until smooth.
- ☐ Drizzle over warm cupcakes.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:8.11, Inflammation Score:-2, Nutrition Score:3.6569565301356%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 155.48kcal (7.77%), Fat: 3.47g (5.33%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 29.37g (10.68%), Sugar: 21.22g (23.58%), Cholesterol: 23.42mg (7.81%), Sodium: 160.56mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Manganese: 0.26mg (12.87%), Selenium: 6.55µg (9.35%), Vitamin B1: 0.09mg (6.02%), Iron: 1.03mg (5.69%), Magnesium: 22.44mg (5.61%), Folate: 22.03µg (5.51%), Vitamin B2: 0.09mg (5.24%), Calcium: 49.5mg (4.95%), Potassium: 152.81mg (4.37%), Vitamin B3: 0.72mg (3.61%), Phosphorus: 35.98mg (3.6%), Vitamin B6: 0.07mg (3.41%), Copper: 0.06mg (3%), Vitamin A: 115.15IU (2.3%), Vitamin B5: 0.21mg (2.13%), Fiber: 0.36g (1.45%), Zinc: 0.2mg (1.37%), Vitamin B12: 0.06µg (1.08%)