



Double-Maple Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.5 teaspoon imitation maple flavoring
- ☐ 0.3 cup maple syrup
- ☐ 3 tablespoons maple syrup
- ☐ 1.8 cups powdered sugar

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons stick margarine softened
- ☐ 5 tablespoons stick margarine softened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

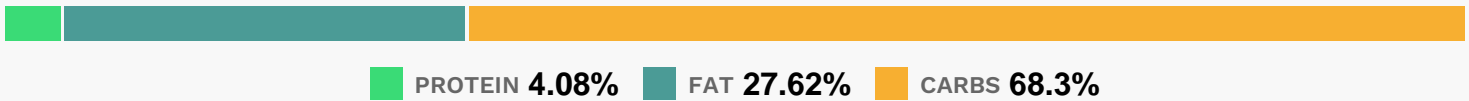
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cupcakes, beat first 4 ingredients at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and 1/4 teaspoon salt in a bowl, stirring well with a whisk.
- ☐ Combine milk and 1/4 cup maple syrup.
- ☐ Add flour mixture to sugar mixture alternately with milk mixture, beginning and ending with flour mixture; mix after each addition.
- ☐ Spoon batter into 12 muffin cups lined with paper liners.

- ☐ 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. Cool completely on wire rack.
- ☐ To prepare the frosting, beat 3 tablespoons maple syrup and next 4 ingredients (syrup through 1/8 teaspoon salt) at medium speed of a mixer 1 minute. Gradually add the powdered sugar, beating just until blended (do not overbeat).
- ☐ Spread the frosting over cupcakes.

Nutrition Facts



Properties

Glycemic Index:25.84, Glycemic Load:15.99, Inflammation Score:-3, Nutrition Score:4.4500000151279%

Nutrients (% of daily need)

Calories: 256.88kcal (12.84%), Fat: 7.94g (12.21%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 43.81g (15.93%), Sugar: 32.82g (36.47%), Cholesterol: 31.25mg (10.42%), Sodium: 213.72mg (9.29%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 2.64g (5.28%), Manganese: 0.36mg (18.15%), Vitamin B2: 0.27mg (15.68%), Selenium: 7.23µg (10.33%), Vitamin B1: 0.12mg (7.8%), Vitamin A: 363.18IU (7.26%), Folate: 27.93µg (6.98%), Calcium: 53.01mg (5.3%), Phosphorus: 46.77mg (4.68%), Iron: 0.82mg (4.58%), Vitamin B3: 0.79mg (3.97%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.31mg (2.03%), Vitamin B12: 0.11µg (1.88%), Potassium: 64.57mg (1.84%), Magnesium: 7.35mg (1.84%), Vitamin D: 0.22µg (1.47%), Fiber: 0.35g (1.41%), Copper: 0.03mg (1.35%), Vitamin B6: 0.02mg (1.19%)