



## Double Vanilla Cupcakes

 Popular

READY IN



30 min.

SERVINGS



12

CALORIES



924 kcal

### Ingredients

- ☐ 0.5 cup milk whole
- ☐ 0.5 vanilla pod whole canned (or 1 bean if you can spare it)
- ☐ 1.5 cups tablespoons flour all-purpose
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 cup sugar

- ☐ 1 large eggs
- ☐ 2 egg whites
- ☐ 1.3 cups powdered sugar
- ☐ 0.5 vanilla pod (or 1 teaspoon of vanilla extract)
- ☐ 12 servings meat from a rotisserie chicken
- ☐ 12 servings beef
- ☐ 12 servings fatty pork
- ☐ 12 servings fish and seafood
- ☐ 12 servings pasta and noodles

## Equipment

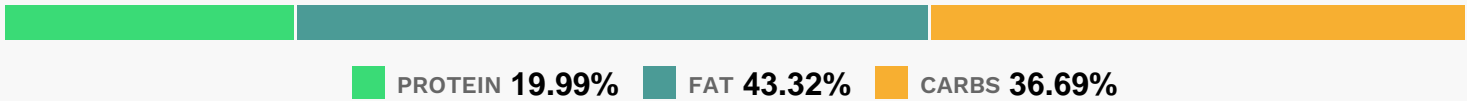
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ stand mixer
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 350°F and prepare the cupcake pan: Line a 12-cup muffin or cupcake tin with cupcake liners and set aside.
- ☐ Steep vanilla bean pod and seeds in hot milk: While the oven preheats, cut open and scrape out the seeds of a vanilla bean.
- ☐ Place the seeds, empty bean, and the milk in a small saucepan. Warm over medium heat for a few minutes until the milk is just starting to steam. Be careful not to boil or scald the milk.

- ☐ Remove from heat and allow the milk to cool with the vanilla beans. After it cools, remove the bean pod. (Wash it and then place it out to dry so it can be used again.)
- ☐ Whisk together dry ingredients In one bowl whisk together the flour, baking powder, and salt.
- ☐ Whisk vanilla milk, extract, and sour cream: In another bowl whisk together the vanilla-steeped milk, vanilla extract, and sour cream.
- ☐ Begin making the cupcake batter: Beat the butter in the bowl of a stand mixer fitted with a beater attachment for about 3 minutes on medium speed, then add the sugar and beat until light and fluffy, about 3 minutes.
- ☐ Add the egg and beat for 30 seconds.
- ☐ Add the egg whites, one at a time, beating for 30 seconds each. Scrape down the sides of the mixing bowl.
- ☐ Finish the cupcake batter:
- ☐ Add half the flour mixture to the batter and mix on low until combined. Then add all of the milk mixture, and mix to combine. Finally, add the remaining flour mixture and mix until just combined and you see no more visible dry flour. Be careful not to over-mix.
- ☐ Bake: Divide the batter evenly between the cupcake liners in the muffin tin.
- ☐ Bake at 350° F for 18–20 minutes or until slightly golden brown. Rotate the pan after 10 minutes to ensure even baking. Be sure to keep a close eye as these can get over-baked quickly.
- ☐ Cool: Allow the cupcakes to cool for a few minutes in the pan, then carefully transfer them to a wire rack to cool completely.
- ☐ Frost when cupcakes are cool: Beat the butter for the frosting and slowly add in the powdered sugar. Scrape the seeds out of the vanilla bean (or vanilla extract if using) and beat in.
- ☐ Frost each cupcake individually and serve. Cupcakes are best served the same day they are made, though will keep fairly well for a few days in an airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:26.42, Glycemic Load:37.36, Inflammation Score:-5, Nutrition Score:24.173043313234%

Nutrients (% of daily need)

Calories: 924.38kcal (46.22%), Fat: 43.98g (67.66%), Saturated Fat: 17.12g (107.02%), Carbohydrates: 83.82g (27.94%), Net Carbohydrates: 81.6g (29.67%), Sugar: 31.17g (34.64%), Cholesterol: 182.81mg (60.94%), Sodium: 251.32mg (10.93%), Alcohol: 0.19g (100%), Alcohol %: 0.07% (100%), Protein: 45.66g (91.32%), Selenium: 72.64µg (103.78%), Vitamin B3: 12.96mg (64.79%), Phosphorus: 454.27mg (45.43%), Zinc: 6.02mg (40.16%), Vitamin B12: 2.3µg (38.35%), Vitamin B6: 0.76mg (38.1%), Manganese: 0.66mg (32.76%), Vitamin B2: 0.44mg (26.01%), Iron: 4.24mg (23.54%), Vitamin B1: 0.29mg (19.43%), Vitamin B5: 1.87mg (18.73%), Magnesium: 72.84mg (18.21%), Potassium: 620.9mg (17.74%), Copper: 0.3mg (14.93%), Folate: 54.15µg (13.54%), Vitamin A: 457.13IU (9.14%), Calcium: 88.74mg (8.87%), Fiber: 2.21g (8.86%), Vitamin E: 1.04mg (6.9%), Vitamin D: 0.67µg (4.47%), Vitamin K: 4.05µg (3.86%), Vitamin C: 1.79mg (2.16%)