



## Flag Cupcakes with Vanilla Buttercream

READY IN



100 min.

SERVINGS



18

CALORIES



356 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 1 cup cream sour
- 0.5 cup milk
- 0.3 cup vegetable oil
- 1 teaspoon lemon zest grated
- 2 eggs
- 1 serving food coloring red
- 1 cup butter softened
- 3 cups powdered sugar sifted

- 0.5 teaspoon salt
- 2 teaspoons vanilla
- 1 tablespoons whipping cream
- 1 serving blueberries

## Equipment

- bowl
- frying pan
- oven
- blender
- hand mixer
- muffin liners

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan).
- Place paper baking cup in each of 18 regular-size muffin cups.
- In large bowl, beat all cupcake ingredients except food color with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter between 2 bowls.
- Add red food color to 1 bowl to desired color of red; leave other bowl white.
- To make flag-striped cupcake, spread a spoonful of red batter and then a spoonful of white batter in paper baking cup; repeat, and then end by spreading red batter on top. Use up batter to make 18 cupcakes.
- Bake as directed on box for cupcakes; 2 to 3 minutes may need to be added to bake time. Cool completely, about 20 minutes.
- To make frosting, beat butter with electric mixer on medium speed 3 minutes. With mixer on low speed, beat in 3 cups of the powdered sugar until sugar is incorporated with butter. With mixer on medium speed, add salt, vanilla and 2 tablespoons of the milk; beat 3 minutes. If frosting needs more stiff consistency, beat in up to 1 cup powdered sugar. If frosting needs to be thinned out, add remaining milk, 1 tablespoon at a time. Frost cupcakes with frosting.
- Garnish with strawberry fans and blueberries. Store covered in refrigerator.

# Nutrition Facts

PROTEIN 2.79% FAT 46.82% CARBS 50.39%

## Properties

Glycemic Index:7.11, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:4.5191303906233%

## Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg Malvidin: 5.56mg, Malvidin: 5.56mg, Malvidin: 5.56mg, Malvidin: 5.56mg Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 355.97kcal (17.8%), Fat: 18.81g (28.94%), Saturated Fat: 9.42g (58.89%), Carbohydrates: 45.56g (15.19%), Net Carbohydrates: 45.04g (16.38%), Sugar: 33.34g (37.04%), Cholesterol: 54.59mg (18.2%), Sodium: 358.96mg (15.61%), Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Protein: 2.53g (5.05%), Phosphorus: 127.57mg (12.76%), Vitamin K: 10.92µg (10.4%), Calcium: 91.39mg (9.14%), Vitamin A: 448.88IU (8.98%), Vitamin B2: 0.13mg (7.59%), Selenium: 4.85µg (6.93%), Vitamin E: 1.03mg (6.87%), Folate: 24.09µg (6.02%), Vitamin B1: 0.07mg (4.97%), Manganese: 0.09mg (4.58%), Iron: 0.7mg (3.87%), Vitamin B3: 0.75mg (3.75%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.13µg (2.16%), Fiber: 0.53g (2.1%), Zinc: 0.29mg (1.96%), Copper: 0.04mg (1.79%), Potassium: 62.09mg (1.77%), Magnesium: 6.71mg (1.68%), Vitamin B6: 0.03mg (1.55%), Vitamin C: 1.06mg (1.29%), Vitamin D: 0.19µg (1.24%)