



Flower Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



22

CALORIES



544 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 pound confectioners' sugar sifted
- 0.3 cup cornstarch
- 1 pound cream cheese at room temperature
- 6 extra large eggs at room temperature
- 3 cups flour all-purpose
- 1 teaspoon kosher salt
- 1 cup cup heavy whipping cream sour at room temperature

- 3 cups sugar
- 0.8 pound butter unsalted at room temperature (3 sticks)
- 18 tablespoons butter unsalted at room temperature ()
- 1.3 teaspoons vanilla extract pure
- 1.5 teaspoons vanilla extract pure

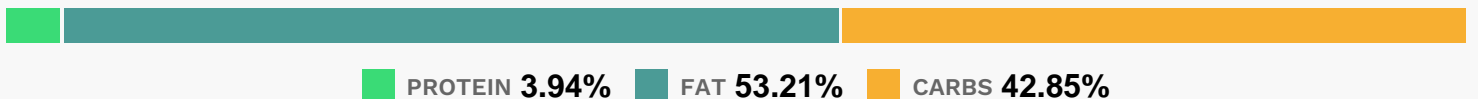
Equipment

- bowl
- oven
- blender
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat the oven to 350 degrees F. Line muffin pans with paper liners.
- Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed, until light and fluffy. On medium speed, add the eggs, 2 at a time, then add the sour cream and vanilla. Scrape down the sides and stir until smooth.
- Sift together the flour, cornstarch, salt, and baking soda in a bowl. With the mixer on low speed, add the flour mixture to the butter mixture until just combined. Fill the cupcake liners to the top with batter.
- Bake in the center of the oven for 20 to 30 minutes, until a toothpick comes out clean. Cool to room temperature.
- For the icing, mix the butter, cream cheese, sugar, and vanilla in the bowl of an electric mixer fitted with the paddle attachment, on low speed, mixing just until smooth.
- Spread the frosting generously on top of each cupcake.

Nutrition Facts



Properties

Glycemic Index:7.82, Glycemic Load:28.76, Inflammation Score:-6, Nutrition Score:6.2830435704926%

Nutrients (% of daily need)

Calories: 543.73kcal (27.19%), Fat: 32.66g (50.25%), Saturated Fat: 19.55g (122.2%), Carbohydrates: 59.19g (19.73%), Net Carbohydrates: 58.71g (21.35%), Sugar: 43.65g (48.51%), Cholesterol: 141.68mg (47.23%), Sodium: 249.22mg (10.84%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.44g (10.88%), Vitamin A: 1097.18IU (21.94%), Selenium: 13.21µg (18.87%), Vitamin B2: 0.24mg (13.93%), Folate: 41.66µg (10.42%), Vitamin B1: 0.15mg (9.88%), Phosphorus: 85.4mg (8.54%), Vitamin E: 1.01mg (6.75%), Manganese: 0.13mg (6.46%), Iron: 1.13mg (6.26%), Vitamin B3: 1.06mg (5.3%), Vitamin B5: 0.49mg (4.91%), Calcium: 48.71mg (4.87%), Vitamin D: 0.71µg (4.73%), Vitamin B12: 0.25µg (4.15%), Zinc: 0.48mg (3.23%), Potassium: 87.73mg (2.51%), Vitamin B6: 0.05mg (2.51%), Copper: 0.05mg (2.49%), Vitamin K: 2.57µg (2.45%), Magnesium: 9.14mg (2.29%), Fiber: 0.48g (1.91%)