



## Fresh Ginger Cupcakes

 Vegetarian  Dairy Free

READY IN



110 min.

SERVINGS



18

CALORIES



156 kcal

DESSERT

### Ingredients

- 1.5 teaspoons baking soda
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup candied ginger for garnish
- 2 large eggs lightly beaten at room temperature
- 2 cups flour all-purpose
- 0.5 cup ginger fresh packed minced peeled (from 1 [5-inch] piece)
- 0.8 cup granulated sugar
- 0.8 teaspoon ground cinnamon

- 0.5 teaspoon ground cloves
- 0.8 cup blackstrap molasses light such as grandma's (or mild)
- 0.5 teaspoon salt fine
- 0.8 cup vegetable oil
- 0.8 cup water

## Equipment

- bowl
- sauce pan
- oven
- whisk
- toothpicks
- spatula

## Directions

- Heat the oven to 350°F and arrange a rack in the middle. Line 2 (12-well) muffin pans with 9 paper liners each; set aside. In a medium bowl, whisk together the flour, cinnamon, cloves, pepper, and salt to break up any lumps and aerate; set aside. In a large bowl, whisk the molasses, oil, and sugar together until smooth. In a large saucepan, bring the water to a boil over medium-high heat.
- Whisk in the baking soda, then whisk in the molasses mixture until combined; remove from the heat. Using a rubber spatula, stir the minced ginger into the molasses mixture.
- Whisk the dry ingredients, a little at a time, into the batter until just combined. Using the rubber spatula, stir in the eggs until just combined. Fill the muffin wells about three-quarters of the way.
- Place the muffin pans side by side in the oven and bake for 9 minutes. Rotate the pans front to back and side to side and bake until a toothpick inserted into the center of the cupcakes comes out clean, about 8 to 9 minutes more.
- Place the pans on wire racks and let them cool for 5 minutes.
- Remove the cupcakes from the pans and cool completely on the racks before frosting, about 1 hour.

- Sprinkle with the candied ginger, if using.
- Serve immediately, or refrigerate in an airtight container for up to 3 days.

## Nutrition Facts

**PROTEIN 5.56%** **FAT 14.53%** **CARBS 79.91%**

### Properties

Glycemic Index:13.39, Glycemic Load:18.17, Inflammation Score:-3, Nutrition Score:4.904347870013%

### Nutrients (% of daily need)

Calories: 156.24kcal (7.81%), Fat: 2.55g (3.93%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 31.07g (11.3%), Sugar: 20.39g (22.65%), Cholesterol: 20.67mg (6.89%), Sodium: 170.55mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Manganese: 0.37mg (18.64%), Selenium: 8.99µg (12.85%), Magnesium: 39.24mg (9.81%), Iron: 1.44mg (8.02%), Vitamin B1: 0.12mg (7.86%), Folate: 28.35µg (7.09%), Potassium: 240.45mg (6.87%), Vitamin B6: 0.11mg (5.72%), Vitamin B2: 0.1mg (5.71%), Copper: 0.1mg (5.09%), Vitamin B3: 0.98mg (4.89%), Calcium: 36.26mg (3.63%), Vitamin K: 3.6µg (3.43%), Phosphorus: 31.46mg (3.15%), Vitamin B5: 0.27mg (2.66%), Fiber: 0.51g (2.02%), Vitamin E: 0.23mg (1.53%), Zinc: 0.22mg (1.49%)