

Frosted Belgian White Cupcakes

and Dairy Free

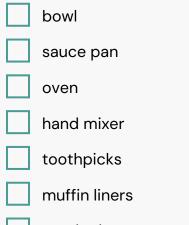


Ingredients

- 1 box cake mix yellow
- 1 cup belgian endive white
- 0.5 cup vegetable oil
- 3 eggs whole
- 3 egg whites at room temperature
- 0.3 teaspoon salt
- 0.1 teaspoon cream of tartar
- 1.5 cups sugar

0.7 cup water
1 teaspoon vanilla
2 teaspoons orange zest grated
2 tablespoons orange juice fresh
1 serving orange zest grated

Equipment



candy thermometer

Directions

Heat oven to 350°F.

Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat all cupcake ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.

Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove cupcakes from pans to cooling racks. Cool completely.

In medium bowl, beat egg whites, salt and cream of tartar with electric mixer on high speed just until stiff peaks form. In 2-quart saucepan, stir sugar and water until well mixed. Cover and heat to rolling boil over medium heat. Uncover and boil 4 to 8 minutes, without stirring, to 242°F-248°F on candy thermometer.

Pour hot syrup very slowly in thin stream into egg whites, beating constantly on low speed.

Add vanilla, orange peel and orange juice. Beat on high speed 7 to10 minutes or until stiff peaks form and side of bowl is cool to the touch. Frost cupcakes.

Garnish with orange peel. Store in refrigerator.

Nutrition Facts

PROTEIN 5.22% 📕 FAT 12.54% 📒 CARBS 82.24%

Properties

Glycemic Index:5.09, Glycemic Load:8.8, Inflammation Score:-1, Nutrition Score:2.5513043533201%

Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 147.68kcal (7.38%), Fat: 2.08g (3.21%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 30.32g (11.02%), Sugar: 21.99g (24.43%), Cholesterol: 20.46mg (6.82%), Sodium: 195.67mg (8.51%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 1.95g (3.91%), Phosphorus: 79.6mg (7.96%), Vitamin B2: 0.1mg (5.64%), Calcium: 51.09mg (5.11%), Folate: 19.4µg (4.85%), Selenium: 3.18µg (4.54%), Vitamin B1: 0.06mg (3.77%), Iron: 0.57mg (3.18%), Vitamin B3: 0.53mg (2.63%), Manganese: 0.05mg (2.4%), Vitamin E: 0.33mg (2.22%), Vitamin K: 2.31µg (2.2%), Vitamin C: 1.72mg (2.08%), Vitamin B5: 0.18mg (1.81%), Fiber: 0.45g (1.79%), Vitamin B6: 0.03mg (1.47%), Copper: 0.03mg (1.28%), Vitamin B12: 0.07µg (1.23%), Potassium: 39.07mg (1.12%)