



Frosted Belgian White Cupcakes

 Dairy Free

READY IN



95 min.

SERVINGS



24

CALORIES



148 kcal

DESSERT

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

- bowl
- sauce pan
- oven
- hand mixer
- toothpicks
- muffin liners
- 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 to 10 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, 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%)