



Ginger-Spice Cupcakes with Cream Cheese Frosting (White Whole Wheat Flour)

READY IN



95 min.

SERVINGS



18

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 1 Cups baker's chocolate
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 eggs
- ☐ 2 cups flour whole wheat white
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt

- ☐ 1.5 teaspoons ground ginger
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.8 cup water
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup butter softened
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 1 lb powdered sugar
- ☐ 1 teaspoons milk
- ☐ 1 serving ground cinnamon

Equipment

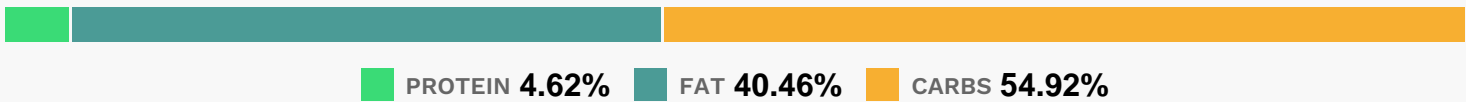
- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F.
- ☐ Place Reynolds Baking Cups in each of 18 regular-size muffin cups.
- ☐ In large bowl, beat granulated sugar, 1/2 cup butter, the molasses and eggs with electric mixer on medium speed, or mix with spoon until well blended. Stir in flour, baking soda, salt, ginger, 1/2 teaspoon cinnamon, the allspice and water. Spoon about 1/4 cup batter into each muffin cup.
- ☐ Bake 15 to 18 minutes or until toothpick inserted in center comes out clean. Cool in pans 5 minutes.
- ☐ Remove from pans; place on cooling racks. Cool completely, about 20 minutes.

- ☐
- Meanwhile, in medium bowl, beat cream cheese, 1/4 cup butter, the lemon peel, 1 teaspoon cinnamon and the vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth. Beat in milk, 1 teaspoon at a time, until spreadable.
- ☐
- Pipe or spread generous amount of frosting on top of each cupcake; sprinkle lightly with cinnamon, if desired. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.62, Glycemic Load:7.16, Inflammation Score:-5, Nutrition Score:6.1865216480649%

Flavonoids

Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg

Nutrients (% of daily need)

Calories: 349.1kcal (17.45%), Fat: 16.52g (25.42%), Saturated Fat: 6.66g (41.65%), Carbohydrates: 50.47g (16.82%), Net Carbohydrates: 47.72g (17.35%), Sugar: 37.8g (42%), Cholesterol: 30.95mg (10.32%), Sodium: 267.62mg (11.64%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Caffeine: 5.87mg (1.96%), Protein: 4.24g (8.48%), Manganese: 0.56mg (27.96%), Copper: 0.29mg (14.73%), Magnesium: 49.43mg (12.36%), Iron: 2.21mg (12.28%), Fiber: 2.76g (11.03%), Vitamin A: 535.67IU (10.71%), Selenium: 5.14µg (7.34%), Potassium: 245.26mg (7.01%), Zinc: 0.88mg (5.85%), Phosphorus: 58.41mg (5.84%), Calcium: 57.93mg (5.79%), Vitamin B6: 0.08mg (4.16%), Vitamin B2: 0.07mg (4.08%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.25mg (2.46%), Folate: 5.67µg (1.42%), Vitamin B1: 0.02mg (1.39%), Vitamin B12: 0.08µg (1.37%), Vitamin B3: 0.23mg (1.14%), Vitamin K: 1.08µg (1.03%)