



Gingerbread Cupcakes with Caramelized Mango Buttercream

 Vegetarian

READY IN



135 min.

SERVINGS



12

CALORIES



715 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.3 cup candied ginger diced finely
- 0.5 cup plus light
- 0.8 cup brown sugar dark
- 6 egg yolks
- 2 large eggs

- 1.8 cups flour all-purpose
- 2 inch ginger fresh peeled coarsely chopped
- 1 cup granulated sugar
- 2 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 1 tablespoon ground ginger
- 1 tablespoons honey
- 3 mangoes pitted ripe peeled coarsely chopped
- 6 tablespoons blackstrap molasses
- 0.3 teaspoon salt
- 0.8 cup sugar
- 0.5 stick butter unsalted melted
- 1 pound butter unsalted cut into small pieces at room temperature
- 2 tablespoons butter unsalted
- 1 tablespoon vanilla extract pure
- 0.8 cup water
- 1 cup water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- blender
- toothpicks
- stand mixer

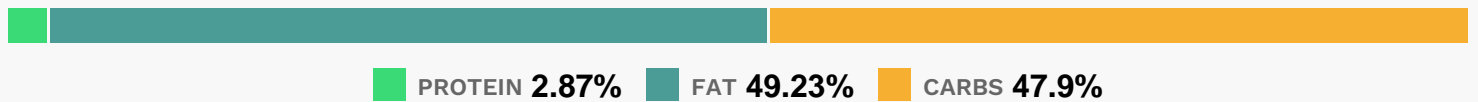
- muffin liners
- measuring cup
- muffin tray
- candy thermometer

Directions

- Watch how to make this recipe.
- Bring all the ingredients to a boil in a small saucepan and cook until the sugar has melted and the mixture thickens slightly.
- Remove from heat and infuse for 30 minutes.
- Remove ginger just before using.
- Preheat oven to 350 degrees F. Line 12-muffin tin cups with paper cupcake liners and spray the inside of each liner and the top of the pan with nonstick cooking spray.
- Sift together the flour, baking powder, baking soda, salt, ginger, cinnamon and cloves into a medium bowl.
- Whisk together the melted butter, brown sugar, eggs, and molasses in a large bowl until blended.
- Add some of the water to batter then some of the dry ingredients to the batter. Continue alternating with the water and flour until everything is added and smooth.
- Fill each paper liner with 1/3 cup of the batter, about 1/4-inch below the top of the liner.
- Place into preheated oven and bake just until the tops feel firm and a toothpick inserted into the center come out clean, about 15 to 18 minutes.
- Remove from the oven and brush the tops liberally with some of the ginger syrup.
- Allow cupcakes to cool prior to frosting.
- Heat 2 tablespoons of butter in large saute pan over high heat.
- Add the honey and the mangoes and cook until caramelized and soft.
- Transfer to a food processor and process until smooth. Pass mixture through a medium mesh strainer into a bowl.
- In the bowl of a stand mixer fitted with a wire whip attachment, beat the egg yolks at medium-high speed until creamy and pale yellow, about 5 minutes.
- In a nonstick saucepan, combine the sugar and corn syrup.

- Place over medium-high heat and bring to a full rolling boil without stirring and cook until it reaches soft-ball stage (238 to 242 degrees F) on a candy thermometer. Immediately pour the mixture into a buttered measuring cup to halt the cooking.
- Add a small amount of the syrup to the beaten egg yolks, turn on the mixer to high speed, and beat for about 5 seconds. Continue stopping the mixer, adding syrup, and beating in the same manner until all of the syrup is incorporated and the mixture is cooled completely.
- Add the butter, 1 piece at a time, and beat until incorporated before adding the next piece. When all of the butter has been blended in, add the vanilla and slowly add the mango puree. Continue beating until combined.
- Frost each gingerbread cupcake with the caramelized mango buttercream and sprinkle with the candied ginger.

Nutrition Facts



Properties

Glycemic Index:41.18, Glycemic Load:40.24, Inflammation Score:-8, Nutrition Score:12.321304424949%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 714.81kcal (35.74%), Fat: 40.09g (61.68%), Saturated Fat: 24.25g (151.55%), Carbohydrates: 87.77g (29.26%), Net Carbohydrates: 86.18g (31.34%), Sugar: 71.9g (79.89%), Cholesterol: 224.61mg (74.87%), Sodium: 193.55mg (8.42%), Alcohol: 0.37g (100%), Alcohol %: 0.19% (100%), Protein: 5.27g (10.53%), Vitamin A: 1856.47IU (37.13%), Manganese: 0.56mg (27.89%), Selenium: 17.03µg (24.32%), Vitamin C: 18.92mg (22.93%), Folate: 74.4µg (18.6%), Vitamin B2: 0.22mg (12.9%), Vitamin B1: 0.19mg (12.82%), Vitamin E: 1.85mg (12.34%), Iron: 2.08mg (11.56%), Phosphorus: 101.74mg (10.17%), Magnesium: 39.41mg (9.85%), Vitamin B6: 0.2mg (9.76%), Calcium: 94.66mg (9.47%), Potassium: 318.32mg (9.09%), Vitamin D: 1.33µg (8.84%), Copper: 0.17mg (8.7%), Vitamin B3: 1.62mg (8.09%), Vitamin B5: 0.73mg (7.34%), Fiber: 1.6g (6.39%), Vitamin B12: 0.33µg (5.43%), Vitamin K: 5.62µg (5.35%), Zinc: 0.66mg (4.42%)