



Gingerbread Cupcakes with Orange Icing

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



529 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 pound confectioners' sugar
- ☐ 8 ounces cream cheese at room temperature
- ☐ 0.3 cup crystallized ginger dried minced not in syrup
- ☐ 6 pieces crystallized ginger dried sliced in half not in syrup
- ☐ 0.3 cup rum dark
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup golden raisins

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon orange zest
- ☐ 1.5 teaspoons orange zest grated
- ☐ 8 ounces cup heavy whipping cream sour
- ☐ 0.3 pound butter unsalted 1 stick
- ☐ 0.3 pound butter unsalted at room temperature 1 stick
- ☐ 1 cup unsulfured molasses
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

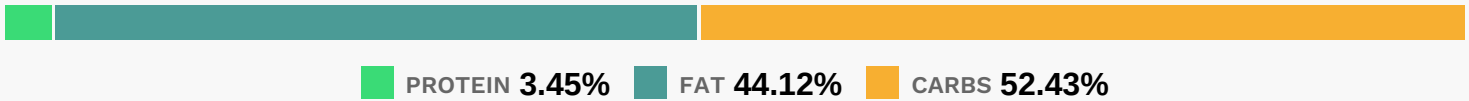
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula
- ☐ ice cream scoop
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Line a muffin pan with paper liners.
- ☐ Place the rum and raisins in a small pan, cover, and heat until the rum boils. Turn off the heat and set aside.
- ☐ Place the butter and molasses in another small pan and bring to a boil over medium heat.

- ☐ Pour the mixture into the bowl of an electric mixer fitted with the paddle attachment. Cool for 5 minutes, then mix in the sour cream and orange zest.
- ☐ Meanwhile, sift the flour, baking soda, ginger, cinnamon, cloves, and salt together into a small bowl.
- ☐ Mix with your hand until combined. With the mixer on low speed, slowly add the flour mixture to the molasses mixture and mix only until smooth.
- ☐ Drain the raisins and add them and the crystallized ginger to the mixture with a spatula.
- ☐ Divide the batter among the muffin pan (1 rounded standard ice cream scoop per cup is the right amount).
- ☐ Bake on the middle rack of the oven for 25 to 30 minutes, or until a toothpick comes out clean. Cool for 10 minutes before removing from the pan.
- ☐ For the frosting, mix the cream cheese, butter, orange zest and vanilla in the bowl of an electric mixer fitted with the paddle attachment until just combined.
- ☐ Add the sugar and mix until smooth.
- ☐ When the cupcakes are cool, frost them generously and garnish with a slice of crystallized ginger.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:25.52, Inflammation Score:-7, Nutrition Score:10.544782576354%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 528.57kcal (26.43%), Fat: 25.81g (39.71%), Saturated Fat: 15.5g (96.85%), Carbohydrates: 69.02g (23.01%), Net Carbohydrates: 67.95g (24.71%), Sugar: 47.83g (53.14%), Cholesterol: 70.87mg (23.62%), Sodium: 245.5mg (10.67%), Alcohol: 1.73g (100%), Alcohol %: 1.51% (100%), Protein: 4.54g (9.07%), Manganese: 0.76mg (37.93%), Selenium: 16.06µg (22.94%), Magnesium: 80.23mg (20.06%), Vitamin A: 845.9IU (16.92%), Potassium: 540.1mg (15.43%), Iron: 2.68mg (14.91%), Vitamin B1: 0.21mg (14.19%), Vitamin B2: 0.22mg (12.86%), Folate: 48.22µg (12.05%), Vitamin B6: 0.24mg (12%), Calcium: 109.4mg (10.94%), Copper: 0.21mg (10.42%), Vitamin B3: 1.84mg (9.2%), Phosphorus: 81.88mg (8.19%), Vitamin B5: 0.54mg (5.36%), Vitamin E: 0.7mg (4.69%), Fiber: 1.07g (4.28%),

Zinc: 0.46mg (3.09%), Vitamin K: 2.4µg (2.29%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.28µg (1.89%)