



Glazed Chai-Spiced Cupcakes (White Whole Wheat Flour)

 Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 2 orange zest sweet with orange rind and spices flavored
- ☐ 0.7 cup water boiling
- ☐ 1 cup flour whole wheat white
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup powdered sugar
- ☐ 1 Dash ground cinnamon
- ☐ 1.5 teaspoons butter melted
- ☐ 0.3 teaspoon vanilla
- ☐ 1 serving freshly tea prepared

Equipment

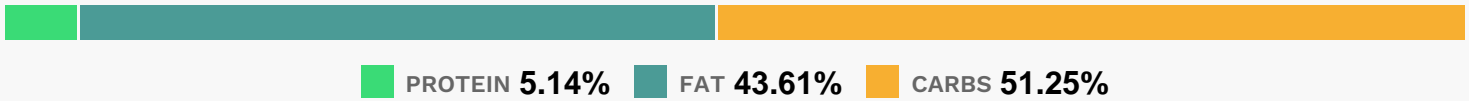
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ Place tea bags in boiling water in measuring cup; let stand 5 minutes.
- ☐ Remove tea bags, squeezing liquid into measuring cup. If necessary, add enough water to tea to measure 2/3 cup. Measure 1/2 cup tea for cupcakes; reserve remaining tea for glaze.

- ☐ In medium bowl, mix flour, baking powder, 1 teaspoon cinnamon, the salt, ginger, cardamom and cloves; set aside. In large bowl, beat granulated sugar and softened butter with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Beat in eggs and 1 teaspoon vanilla until smooth and blended. Gradually beat in flour mixture alternately with 1/2 cup tea until smooth. Fill muffin cups one-half full.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool in pan 5 minutes.
- ☐ Remove from pan; place on cooling rack. Cool completely, about 20 minutes.
- ☐ Meanwhile, in small bowl, mix powdered sugar, dash cinnamon, melted butter, 1/4 teaspoon vanilla and enough remaining tea until smooth and desired drizzling consistency.
- ☐ Drizzle over cupcakes.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:8.86, Inflammation Score:-3, Nutrition Score:2.1878260723923%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,
Epigallocatechin 3-gallate: 0.01mg Thearubigins: 0.07mg, Thearubigins: 0.07mg, Thearubigins: 0.07mg,
Thearubigins: 0.07mg

Nutrients (% of daily need)

Calories: 181.78kcal (9.09%), Fat: 9.04g (13.91%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 22.52g (8.19%), Sugar: 15.82g (17.58%), Cholesterol: 27.28mg (9.09%), Sodium: 208.05mg (9.05%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 2.4g (4.8%), Vitamin A: 409.5IU (8.19%), Fiber: 1.38g (5.51%), Calcium: 50mg (5%), Manganese: 0.1mg (4.91%), Selenium: 2.4µg (3.43%), Vitamin C: 2.76mg (3.34%), Phosphorus: 28.59mg (2.86%), Vitamin E: 0.4mg (2.69%), Iron: 0.48mg (2.68%), Vitamin B2: 0.04mg (2.52%), Vitamin B5: 0.13mg (1.32%), Vitamin B12: 0.08µg (1.26%), Folate: 4.18µg (1.05%)