



Gluten-Free Celebration Cupcakes

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 0.7 cup milk
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup butter softened
- ☐ 1 teaspoon vanilla gluten-free
- ☐ 1 eggs
- ☐ 2.5 cups powdered sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.5 cup butter softened

- ☐ 0.3 cup milk
- ☐ 1 teaspoon vanilla gluten-free
- ☐ 1 serving sprinkles
- ☐ 1.5 cups frangelico gluten free

Equipment

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

Directions

- ☐ Heat oven to 375°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups. In large bowl, beat all cupcake ingredients with electric mixer on low speed 30 seconds, scraping bowl frequently. Beat on medium speed 2 minutes, scraping bowl occasionally. (Batter will be thick.) Divide batter evenly among muffin cups, filling each half full.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from pan to cooling rack; cool completely, about 30 minutes.
- ☐ In small bowl, mix powdered sugar and cocoa. In large bowl, beat 1/2 cup butter on medium speed 2 minutes or until creamy.
- ☐ Add powdered sugar mixture alternately with 1/4 cup milk, beating on low speed until blended. Beat in 1 teaspoon vanilla. Frost cupcakes.
- ☐ Garnish with candy sprinkles. Store covered in refrigerator.

Nutrition Facts



 **PROTEIN 2.79%**  **FAT 42.64%**  **CARBS 54.57%**

Properties

Glycemic Index:12.17, Glycemic Load:6.15, Inflammation Score:-4, Nutrition Score:3.1713043735565%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 261.38kcal (13.07%), Fat: 12.93g (19.89%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 35.89g (13.05%), Sugar: 34.58g (38.42%), Cholesterol: 15.88mg (5.29%), Sodium: 147.47mg (6.41%), Alcohol: 0.23g (100%), Alcohol %: 0.39% (100%), Caffeine: 8.24mg (2.75%), Protein: 1.9g (3.81%), Vitamin A: 557.48IU (11.15%), Manganese: 0.14mg (7.11%), Copper: 0.14mg (7.07%), Phosphorus: 55.69mg (5.57%), Fiber: 1.33g (5.3%), Magnesium: 21.06mg (5.27%), Vitamin B2: 0.06mg (3.73%), Calcium: 34.23mg (3.42%), Vitamin E: 0.49mg (3.27%), Iron: 0.58mg (3.23%), Selenium: 2.19µg (3.13%), Potassium: 95.1mg (2.72%), Zinc: 0.37mg (2.48%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.28µg (1.86%), Vitamin B5: 0.15mg (1.47%), Vitamin B6: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.08%)