



Gluten-Free Vanilla Cupcakes with Dairy-Free Vanilla Buttercream Frosting



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



33 min.

SERVINGS



14

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup cane sugar organic
- ☐ 2 tablespoons so delicious coconut milk coffee creamer
- ☐ 0.5 cup so delicious vanilla coconut milk beverage
- ☐ 0.5 cup dairy-free margarine softened (such as Earth Balance)
- ☐ 1.8 cups flour blend gluten free homemade (see Sarah's blend)

- ☐ 3 cups powdered sugar organic sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup non-hydrogenated shortening organic
- ☐ 0.3 cup sunflower seed oil neutral (or other baking oil)
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup water
- ☐ 1 tablespoon vinegar white

Equipment

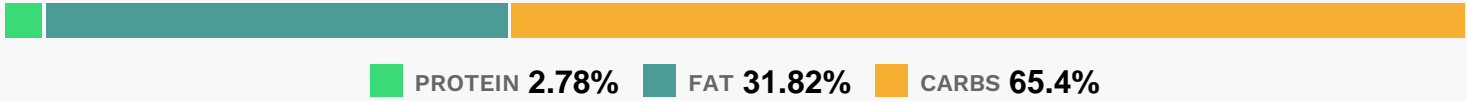
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat your oven to 350°F. Line 14 cupcake pans with paper cupcake liners. Sift together the flour blend, baking powder, baking soda, and salt. Set aside. In large mixing bowl, stir together the coconut milk, water and vinegar. Allow to sit for 1 minute to curdle.
- ☐ Add the sugar, oil, and vanilla. Slowly whisk in the flour mixture. Beat for 1 minute. The batter will become smooth and start to thicken.
- ☐ Pour the batter into your prepared cupcake pan.
- ☐ Bake for 16 to 18 minutes, or until toothpick inserted in center of cupcake comes out clean.
- ☐ Place cupcakes on cooling rack and cool completely. To make buttercream, beat together the margarine with the shortening for 1 minute.
- ☐ Add the sifted powdered sugar, 2 tablespoons coffee creamer and vanilla. Beat for an additional 2 minutes.

- ☐ Add another tablespoon or 2 of the coffee creamer if needed, and beat the buttercream until light and fluffy.
- ☐ Place in piping bag with large star tip and frost the cooled cupcakes. Best enjoyed within 1 to 2 days.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:10.12, Inflammation Score:-3, Nutrition Score:4.5173912820933%

Nutrients (% of daily need)

Calories: 308.1kcal (15.41%), Fat: 11.23g (17.28%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 50.12g (18.22%), Sugar: 40.42g (44.91%), Cholesterol: 0mg (0%), Sodium: 206.13mg (8.96%), Alcohol: 0.1g (100%), Alcohol %: 0.13% (100%), Protein: 2.2g (4.41%), Vitamin D: 4.21µg (28.1%), Vitamin E: 2.91mg (19.38%), Fiber: 1.84g (7.36%), Vitamin A: 309.84IU (6.2%), Vitamin K: 6.43µg (6.12%), Iron: 0.77mg (4.28%), Calcium: 33.62mg (3.36%), Manganese: 0.07mg (3.27%), Vitamin B1: 0.05mg (3.2%), Copper: 0.06mg (3.1%), Magnesium: 11.98mg (3%), Phosphorus: 27.7mg (2.77%), Selenium: 1.94µg (2.77%), Vitamin B6: 0.04mg (2.15%), Folate: 8.09µg (2.02%), Vitamin B12: 0.11µg (1.76%), Vitamin B3: 0.27mg (1.34%), Zinc: 0.19mg (1.24%), Vitamin B2: 0.02mg (1.13%)