



Gluten-Free Vanilla Cupcakes with Vegan Buttercream Frosting

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



12

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 0.8 Teaspoon aluminum-free baking powder
- ☐ 2.3 Teaspoons apple cider vinegar
- ☐ 1.5 Tablespoons arrowroot powder / starch
- ☐ 0.8 Teaspoon baking soda
- ☐ 2.3 cups flour baking blend gluten-free
- ☐ 0.8 cup unbleached cane sugar
- ☐ 3 cups vegan confectioners' sugar

- ☐ 0.3 cup dairy-free margarine
- ☐ 1.5 Tablespoons ener-g egg replacer
- ☐ 0.3 Teaspoon salt
- ☐ 0.8 cup seltzer water
- ☐ 5 Tablespoons vanilla soy milk
- ☐ 0.3 cup unrefined sunflower oil
- ☐ 3 Tablespoons water cold
- ☐ 0.8 Teaspoon xanthan gum gluten-free

Equipment

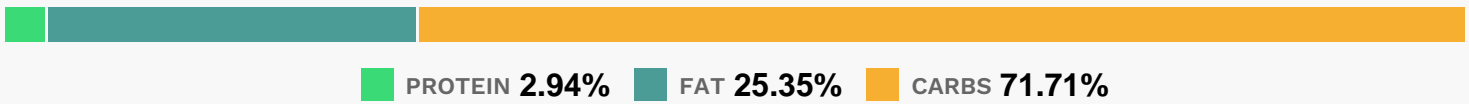
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula
- ☐ muffin liners
- ☐ measuring cup
- ☐ pastry bag
- ☐ silicone muffin liners

Directions

- ☐ Preheat the oven to 350°F and lightly oil 12 muffin cups (or use paper liners or silicone muffin cups).In a large bowl, combine the flour blend, sugar, arrowroot, baking powder, baking soda, xanthan gum, and salt.In a small bowl, combine the cold water and Ener-G Egg Replacer, and whisk vigorously for 1 minute or until very frothy (like beaten egg whites).
- ☐ Add 3 tablespoons milk alternative, oil, 1-1/2 tablespoons vanilla, and apple cider vinegar, and whisk well to combine.

- ☐ Add egg replacer mixture and seltzer water to dry ingredients, and whisk well to combine.Fill prepared muffin cups using a ¼-cup scoop or measuring cup.
- ☐ Bake for 20 to 22 minutes or until a toothpick inserted in the center comes out clean.
- ☐ Remove from the oven. Allow cupcakes to cool slightly in the pan, and transfer to a rack to cool completely before frosting.While cupcakes are cooking, prepare frosting. In a medium bowl, beat margarine with an electric mixer on medium speed or whisk for 30 seconds.
- ☐ Add confectioners' sugar, remaining 2 tablespoons soymilk, and remaining 1-teaspoon vanilla extract, and beat or whisk well for 2 or 3 minutes or until light and fluffy.Using a small spatula, or pastry bag, spread or decoratively pipe frosting on top of each cooled cupcake.Frosted cupcakes are perishable, so we recommend only frosting cupcakes as needed. Store the extra buttercream frosting in an airtight container in the refrigerator and extra unfrosted cupcakes in an airtight plastic container or zipper-lock bag at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.04, Glycemic Load:9.51, Inflammation Score:-2, Nutrition Score:2.7078260867654%

Nutrients (% of daily need)

Calories: 326.22kcal (16.31%), Fat: 9.53g (14.66%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 58.16g (21.15%), Sugar: 42.74g (47.49%), Cholesterol: 0mg (0%), Sodium: 190.54mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin E: 3.24mg (21.58%), Fiber: 2.5g (10%), Calcium: 59.55mg (5.96%), Vitamin A: 264.31IU (5.29%), Iron: 0.91mg (5.03%), Vitamin K: 3.73µg (3.55%), Phosphorus: 25.67mg (2.57%), Vitamin B2: 0.02mg (1.21%), Vitamin B12: 0.07µg (1.13%), Vitamin B3: 0.21mg (1.03%)