



Grapefruit Frosted Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



216 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.8 cups cake flour sifted
- ☐ 1 teaspoon cream of tartar
- ☐ 6 egg whites
- ☐ 24 servings grapefruit icing
- ☐ 0.5 teaspoon grapefruit rind grated
- ☐ 0.5 cup skim milk
- ☐ 1 cup caster sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

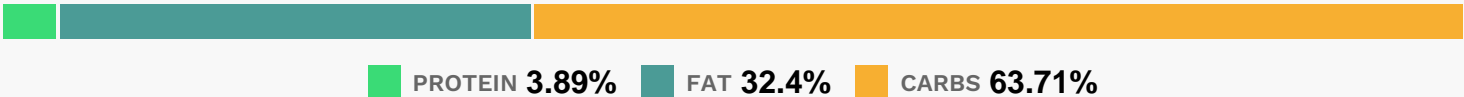
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine first 3 ingredients in a large bowl, stirring well.
- ☐ Combine milk, oil, vanilla, and grapefruit rind in a small bowl, stirring well.
- ☐ Add milk mixture to flour mixture, stirring well.
- ☐ Beat egg whites at high speed of an electric mixer just until foamy.
- ☐ Add cream of tartar, and beat until stiff peaks form. Gently fold one-third of beaten egg white into batter; gently fold in remaining beaten egg white.
- ☐ Pour batter evenly into paper-lined muffin pans, filling two-thirds full.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove cupcakes from pans immediately, and let cool completely on wire racks.
- ☐ Spread Grapefruit Icing evenly over cupcakes.

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:18.44, Inflammation Score:-1, Nutrition Score:2.1908695717221%

Nutrients (% of daily need)

Calories: 215.67kcal (10.78%), Fat: 7.78g (11.97%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 34.2g (12.44%), Sugar: 26.34g (29.27%), Cholesterol: 0.23mg (0.08%), Sodium: 101.81mg (4.43%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.1g (4.2%), Vitamin K: 9.24µg (8.8%), Vitamin B2: 0.13mg (7.74%), Selenium: 5.31µg (7.59%), Vitamin E: 0.71mg (4.75%), Manganese: 0.07mg (3.71%), Calcium: 29.19mg (2.92%), Phosphorus: 27.95mg (2.79%), Potassium: 60.77mg (1.74%), Folate: 5.66µg (1.41%), Magnesium: 4.13mg (1.03%), Iron: 0.18mg (1.01%)