



Green Tea and Five-Spice Cupcakes

READY IN



95 min.

SERVINGS



24

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons five spice powder
- ☐ 0.3 cup coconut flakes flaked
- ☐ 2 cups powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 cup tea green cold brewed
- ☐ 1 cup butter unsalted softened
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons whipping cream
- ☐ 1 box cake mix yellow

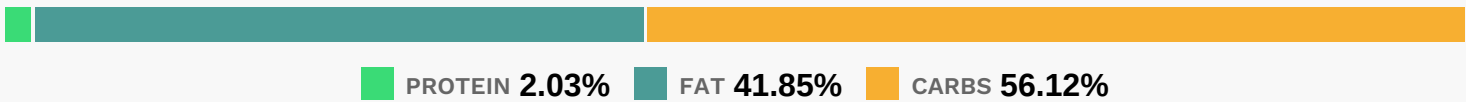
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ Make and bake cake mix as directed on box for cupcakes, using oil and eggs and substituting tea for the water. Cool 10 minutes; remove cupcakes from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ In medium bowl, beat butter and vanilla with electric mixer on medium speed 30 seconds. Reduce speed to low.
- ☐ Add powdered sugar, 1 cup at a time, beating until blended.
- ☐ Add 1 tablespoon of the whipping cream, the five-spice powder and salt. Beat until light and fluffy. If necessary, beat in remaining whipping cream, 1 teaspoon at a time, until frosting is smooth and spreadable.
- ☐ Pipe or spread frosting on cupcakes. Top with coconut.

Nutrition Facts



Properties

Glycemic Index:0.21, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.3478261115758%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg Epigallocatechin 3-gallate: 0.92mg,

Epigallocatechin 3–gallate: 0.92mg, Epigallocatechin 3–gallate: 0.92mg, Epigallocatechin 3–gallate: 0.92mg
Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg Thearubigins: 7.99mg, Thearubigins:
7.99mg, Thearubigins: 7.99mg, Thearubigins: 7.99mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol:
0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Theaflavin–3,3'–digallate: 0.17mg,
Theaflavin–3,3'–digallate: 0.17mg, Theaflavin–3,3'–digallate: 0.17mg, Theaflavin–3,3'–digallate: 0.17mg Theaflavin–3'–
gallate: 0.15mg, Theaflavin–3'–gallate: 0.15mg, Theaflavin–3'–gallate: 0.15mg, Theaflavin–3'–gallate: 0.15mg
Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 197.5kcal (9.88%), Fat: 9.33g (14.36%), Saturated Fat: 6g (37.52%), Carbohydrates: 28.16g (9.39%), Net
Carbohydrates: 27.72g (10.08%), Sugar: 19.23g (21.37%), Cholesterol: 21.75mg (7.25%), Sodium: 171.19mg (7.44%),
Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 1.02g (2.04%), Phosphorus: 72.81mg (7.28%), Vitamin A:
255.52IU (5.11%), Calcium: 50.52mg (5.05%), Manganese: 0.09mg (4.7%), Folate: 15.58µg (3.89%), Vitamin B2:
0.06mg (3.55%), Vitamin B1: 0.05mg (3.46%), Iron: 0.58mg (3.23%), Vitamin E: 0.43mg (2.89%), Vitamin B3:
0.52mg (2.59%), Fiber: 0.44g (1.76%), Selenium: 1.01µg (1.45%), Copper: 0.03mg (1.41%), Vitamin K: 1.33µg (1.27%),
Vitamin D: 0.16µg (1.08%), Vitamin B6: 0.02mg (1.08%), Vitamin B5: 0.1mg (1.02%)