



## Green Tea Cupcakes

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



267 kcal

DESSERT

### Ingredients

- 2 eggs
- 2.5 cups flour all-purpose
- 2 tablespoons tea powder green (matcha)
- 0.5 cup milk
- 0.5 cup butter unsalted softened
- 0.5 teaspoon vanilla extract
- 1.3 cups sugar white

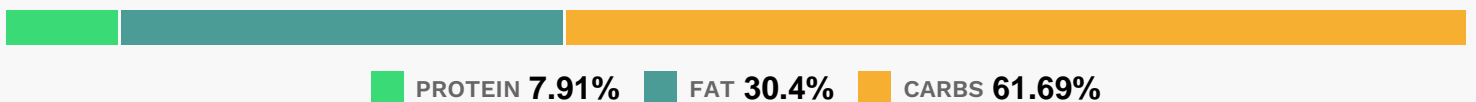
### Equipment

- oven
- mixing bowl
- hand mixer
- toothpicks
- muffin liners
- muffin tray

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Line 12 muffin cups with paper liners.
- Cream unsalted butter in a mixing bowl with an electric mixer on medium speed until soft and creamy. Gradually beat in sugar, about 1/3 cup at a time, beating until the mixture is fluffy.
- Beat in eggs, beating well after each egg; mix in flour and green tea powder until thoroughly combined.
- Spoon batter into the prepared muffin cups, filling them about 3/4 full.
- Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out with moist crumbs or clean, 20 to 25 minutes.
- Allow cupcakes to cool in muffin tins for 15 minutes before removing to finish cooling.

## Nutrition Facts



## Properties

Glycemic Index:15.26, Glycemic Load:29.1, Inflammation Score:-4, Nutrition Score:5.2321739352268%

## Nutrients (% of daily need)

Calories: 267.38kcal (13.37%), Fat: 9.02g (13.87%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 40.47g (14.72%), Sugar: 21.4g (23.78%), Cholesterol: 48.84mg (16.28%), Sodium: 16.06mg (0.7%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 5.28g (10.56%), Selenium: 11.49µg (16.42%), Vitamin B1: 0.21mg (14.24%), Folate: 51.39µg (12.85%), Vitamin B2: 0.18mg (10.8%), Iron: 1.8mg (10%), Manganese: 0.18mg (9.08%), Vitamin A: 417.43IU (8.35%), Vitamin B3: 1.56mg (7.79%), Phosphorus: 55.19mg (5.52%), Fiber: 0.7g (2.81%), Vitamin B5: 0.27mg (2.75%), Vitamin D: 0.4µg (2.67%), Copper: 0.05mg (2.3%), Calcium: 23.01mg (2.3%),

Vitamin B12: 0.14µg (2.27%), Zinc: 0.33mg (2.2%), Vitamin E: 0.32mg (2.11%), Magnesium: 8.04mg (2.01%), Potassium: 56.17mg (1.6%), Vitamin B6: 0.03mg (1.52%)