



Green-Tea Cupcakes

READY IN



120 min.

SERVINGS



12

CALORIES



202 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 2 teaspoons double-acting baking powder
- 0.3 cup butter
- 1.5 cups cake flour
- 3 egg whites
- 2 tablespoons matcha tea powder green (matcha)
- 0.5 cup splenda® no calorie sweetener splenda® (such as)
- 0.5 cup skim milk
- 1 teaspoon vanilla extract

0.3 cup butter smart balance® (such as)

0.5 cup granulated sugar white

Equipment

bowl

frying pan

oven

wire rack

hand mixer

toothpicks

muffin liners

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin liners.

Beat the butter, vegetable oil butter spread, sweetener, and sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.

Add the room-temperature egg whites one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla and almond extracts with the last egg.

Combine cake flour, baking powder, and green tea powder in a small bowl.

Pour in the flour mixture alternately with the milk, mixing until just incorporated.

Pour the batter into prepared pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



■ PROTEIN 8.68% ■ FAT 35.52% ■ CARBS 55.8%

Properties

Glycemic Index:30.2, Glycemic Load:17.3, Inflammation Score:-3, Nutrition Score:2.6760869470789%

Nutrients (% of daily need)

Calories: 201.54kcal (10.08%), Fat: 7.95g (12.23%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 27.72g (10.08%), Sugar: 15.71g (17.46%), Cholesterol: 10.47mg (3.49%), Sodium: 162.76mg (7.08%), Alcohol: 0.23g (100%), Alcohol %: 0.46% (100%), Protein: 4.37g (8.75%), Selenium: 8.01µg (11.44%), Vitamin A: 433.48IU (8.67%), Manganese: 0.13mg (6.34%), Calcium: 58.23mg (5.82%), Phosphorus: 44.07mg (4.41%), Iron: 0.68mg (3.76%), Vitamin B2: 0.06mg (3.6%), Vitamin E: 0.32mg (2.13%), Magnesium: 6.45mg (1.61%), Copper: 0.03mg (1.57%), Fiber: 0.38g (1.51%), Folate: 5.85µg (1.46%), Potassium: 49.64mg (1.42%), Vitamin B12: 0.08µg (1.31%), Vitamin B5: 0.13mg (1.29%), Vitamin B1: 0.02mg (1.29%), Zinc: 0.19mg (1.25%)