

Key Lime Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 4 large eggs
- ☐ 24 servings graham cracker crumbs
- ☐ 0.3 cup key lime juice
- ☐ 24 servings lime rind strips
- ☐ 1 tablespoon lime zest

- ☐ 1 cups paper baking
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening
- ☐ 0.3 cup sugar
- ☐ 2 cups sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 2.8 cups soft-wheat flour all-purpose
- ☐ 1.5 cups whipping cream

Equipment

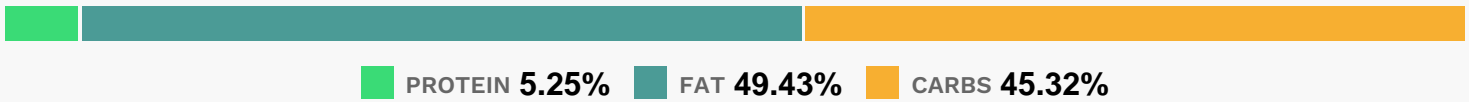
- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 350 degrees. Beat butter and shortening at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, baking powder, and salt; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in extracts.
- ☐ Place paper baking cups in 2 (12-cup) muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- ☐ Bake for 12 to 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely.

- ☐ To prepare Key Lime Filling, stir together all ingredients in a medium bowl until blended. Chill 1 hour or until thick. Makes 2 cups. Fill each cupcake with cupcake with Key Lime Filling.
- ☐ To fill cupcakes, insert the end of a wooden spoon or dowel into the center of the cupcake to make a hole. Fill a zip-top plastic freezer bag with filling or frosting. Use scissors or kitchen shears to snip about 1/4 inch from one corner of the bag; insert bag into the hole in the cupcake. Squeeze gently until filling comes to the top of each cupcake.
- ☐ To prepare whipped cream, beat whipping cream at high speed with an electric mixer until soft peaks form.
- ☐ Add vanilla and sugar, and beat until stiff peaks form. Store in refrigerator until ready to use. Makes 3 cups. Frost each cupcake with Fresh Whipped Cream. Top with graham cracker crumbs and lime rind.

Nutrition Facts



Properties

Glycemic Index:24.47, Glycemic Load:27.29, Inflammation Score:-4, Nutrition Score:6.4143478766732%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 384.95kcal (19.25%), Fat: 21.38g (32.9%), Saturated Fat: 9.58g (59.89%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 43.54g (15.83%), Sugar: 29.7g (33%), Cholesterol: 64.8mg (21.6%), Sodium: 232.91mg (10.13%), Alcohol: 0.29g (100%), Alcohol %: 0.34% (100%), Protein: 5.11g (10.23%), Selenium: 11.22µg (16.03%), Vitamin B2: 0.25mg (14.93%), Phosphorus: 131.39mg (13.14%), Vitamin B1: 0.17mg (11.51%), Calcium: 106.84mg (10.68%), Folate: 40.33µg (10.08%), Vitamin A: 445IU (8.9%), Iron: 1.1mg (6.14%), Vitamin E: 0.92mg (6.11%), Manganese: 0.12mg (6.1%), Vitamin B3: 1.18mg (5.91%), Vitamin K: 5.9µg (5.62%), Vitamin B5: 0.51mg (5.05%), Vitamin B12: 0.24µg (4.07%), Potassium: 133.76mg (3.82%), Vitamin D: 0.57µg (3.78%), Zinc: 0.5mg (3.32%), Magnesium: 12.96mg (3.24%), Vitamin C: 1.91mg (2.31%), Fiber: 0.57g (2.3%), Copper: 0.04mg (2.25%), Vitamin B6: 0.04mg (2.24%)