



Lavender Tangerine Dream Cupcakes

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



366 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.3 cup canola oil
- 1.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 0.5 tablespoon lavender extract
- 1 tablespoon orange extract
- 1.5 tablespoon poppy seeds
- 3 cups powdered sugar

- 0.5 teaspoon salt
- 1 pinch salt
- 0.8 cup tangerine juice
- 3 slices tangerines separated peeled for garnish
- 1 teaspoon vanilla extract
- 0.5 cup vegetable shortening such as organic spectrum
- 1 tablespoon vinegar white

Equipment

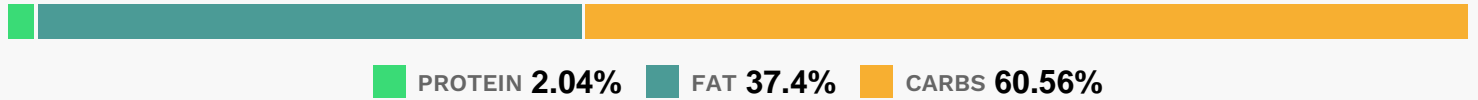
- bowl
- oven
- blender
- hand mixer
- muffin liners
- muffin tray
- pastry bag

Directions

- For the cake: Preheat the oven to 350 degrees F 1
- Line a cupcake pan with 12 regular-size cupcake liners or 24 mini cupcake liners.
- Mix the flour, granulated sugar, baking soda and salt in a medium bowl.
- Combine the tangerine juice, canola oil, vinegar, orange extract and vanilla extract in a 5-quart mixer with a paddle attachment on first speed.
- Add the dry ingredients.
- Add the poppy seeds. Once all the dry ingredients are incorporated, turn the mixer up to second speed and mix well. Turn the mixer off.
- Fill the cupcake liners half full with batter.
- Bake until baked through, about 20 minutes. Cool the cupcakes completely.

- For the frosting: Whip the powdered sugar, vegetable shortening, 1/4 cup water, lavender extract and salt in a bowl with an electric mixer.
- Add additional water in very small amounts to get the creamy consistency if it is too thick.
- Put the frosting in a pastry bag and cut off 1/2-inch off the top.
- To assemble: Frost each cupcake with the lavender frosting.
- Place a tangerine slice on top.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:17.37, Inflammation Score:-2, Nutrition Score:4.0856522088465%

Flavonoids

Hesperetin: 2.66mg, Hesperetin: 2.66mg, Hesperetin: 2.66mg, Hesperetin: 2.66mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 366.4kcal (18.32%), Fat: 15.46g (23.79%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 56.33g (18.78%), Net Carbohydrates: 55.66g (20.24%), Sugar: 43.49g (48.32%), Cholesterol: 0mg (0%), Sodium: 193.21mg (8.4%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 1.9g (3.8%), Vitamin E: 1.66mg (11.08%), Manganese: 0.19mg (9.56%), Vitamin B1: 0.14mg (9.53%), Vitamin K: 9.03µg (8.6%), Selenium: 5.73µg (8.18%), Folate: 30.33µg (7.58%), Vitamin C: 4.69mg (5.69%), Vitamin B2: 0.09mg (5.29%), Iron: 0.91mg (5.06%), Vitamin B3: 0.95mg (4.75%), Phosphorus: 28.95mg (2.89%), Fiber: 0.68g (2.71%), Copper: 0.05mg (2.41%), Calcium: 23.46mg (2.35%), Magnesium: 8.66mg (2.17%), Potassium: 54.09mg (1.55%), Vitamin B5: 0.15mg (1.5%), Zinc: 0.21mg (1.39%)