



Lemon Angel Food Cupcakes

READY IN



45 min.

SERVINGS



16

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.5 cup cake flour
- ☐ 0.8 teaspoon cream of tartar
- ☐ 0.8 cup egg whites (5 large eggs)
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 0.8 cup powdered sugar

- ☐ 2 cups powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

Equipment

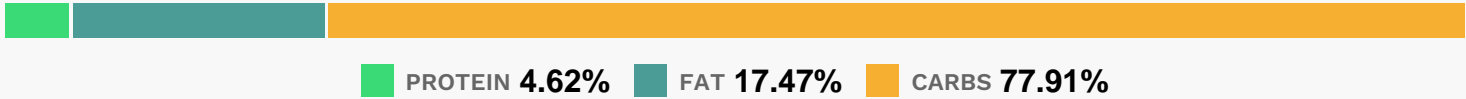
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place 16 paper muffin cup liners in muffin cups. Set aside.
- ☐ Weigh or lightly spoon cake flour into a dry measuring cup; level with a knife. Sift together flour and 3/4 cup powdered sugar into a medium bowl; repeat procedure twice.
- ☐ Beat egg whites, cream of tartar, and salt with a mixer at high speed until frothy.
- ☐ Add 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Sprinkle flour mixture over egg white mixture, 1/4 cup at a time; fold in after each addition. Fold in vanilla and rind. Divide batter evenly among prepared muffin cups.
- ☐ Bake at 350 for 18 minutes or until lightly browned.
- ☐ Remove from pan; cool completely on a wire rack.
- ☐ To prepare frosting, beat butter with a mixer at high speed until fluffy. Gradually add 2 cups powdered sugar, beating at low speed just until blended.
- ☐ Add milk and lemon juice; beat until spreading consistency.
- ☐ Spread 2 tablespoons lemon frosting over each cupcake.

- ☐ Garnish with fresh raspberries, if desired.
- ☐ Place liners in muffin cups
- ☐ Help sift flour mixture
- ☐ Add sugar slowly to egg whites
- ☐ Spread frosting over each cupcake

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:6.2, Inflammation Score:-1, Nutrition Score:0.97869566309711%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 151.41kcal (7.57%), Fat: 2.99g (4.61%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 29.92g (10.88%), Sugar: 26.62g (29.58%), Cholesterol: 7.67mg (2.56%), Sodium: 60.92mg (2.65%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.78g (3.56%), Selenium: 4.05µg (5.78%), Vitamin B2: 0.06mg (3.56%), Vitamin A: 90.79IU (1.82%), Manganese: 0.03mg (1.71%), Potassium: 51.08mg (1.46%), Vitamin C: 1.05mg (1.27%)