



Lemon Angel Food Cupcakes

READY IN



45 min.

SERVINGS



16

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 ounces cake flour
- ☐ 0.8 teaspoon cream of tartar
- ☐ 0.8 cup egg whites (5 large eggs)
- ☐ 0.5 cup granulated sugar
- ☐ 1 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

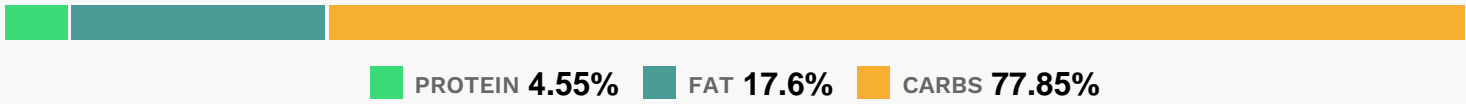
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place 16 paper muffin cup liners in muffin cups. Set aside.
- ☐ Lightly spoon cake flour into dry measuring cups; level with a knife. Sift together flour and 3/4 cup powdered sugar into a medium bowl; repeat the procedure 2 times.
- ☐ Beat egg whites and salt with a mixer at high speed until frothy (about 1 minute).
- ☐ Add cream of tartar, and beat until soft peaks form.
- ☐ 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. Stir in vanilla and rind.
- ☐ Divide batter evenly among prepared muffin cups.
- ☐ Bake at 350 for 18 minutes or until lightly browned.
- ☐ Remove from pan; let 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; beat at low speed just until blended.

- ☐ Add milk and lemon juice; beat until fluffy.
- ☐ Add more lemon juice as needed to adjust the consistency.
- ☐ Spread 2 tablespoons lemon frosting over each cupcake.
- ☐ Garnish with edible pansies and rosebuds, if desired.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:6.03, Inflammation Score:-1, Nutrition Score:0.92217390142057%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 149.89kcal (7.49%), Fat: 2.99g (4.59%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 29.61g (10.77%), Sugar: 26.6g (29.55%), Cholesterol: 7.67mg (2.56%), Sodium: 60.9mg (2.65%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.74g (3.47%), Selenium: 3.9µg (5.58%), Vitamin B2: 0.06mg (3.54%), Vitamin A: 90.73IU (1.81%), Manganese: 0.03mg (1.56%), Potassium: 49.75mg (1.42%)