



Lemon-Blueberry Cupcakes

READY IN



115 min.

SERVINGS



24

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 1 box lemon cake mix
- ☐ 1.5 cups blueberries fresh
- ☐ 0.8 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 eggs
- ☐ 3 oz cream cheese softened
- ☐ 2.5 cups powdered sugar
- ☐ 0.8 cup butter unsalted softened

- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 1.3 teaspoons vanilla
- ☐ 1 tablespoon milk
- ☐ 1 cup blueberries fresh
- ☐ 1 serving lemon zest
- ☐ 1 leaves mint leaves fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

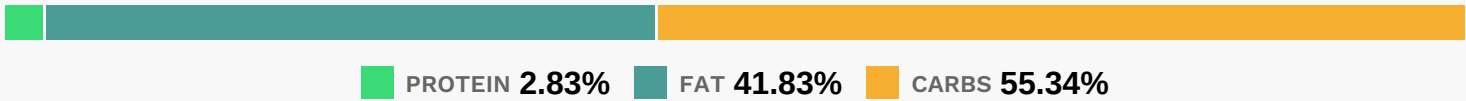
Directions

- ☐ Heat oven to 375°F (350°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In small bowl, gently toss 2 tablespoons of the dry cake mix with 1 1/2 cups blueberries to coat; set aside.
- ☐ In large bowl, beat remaining dry cake mix, water, oil, 1 tablespoon grated lemon peel, eggs and cream cheese with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Fold blueberry mixture into batter. Divide batter evenly among muffin cups.
- ☐ Bake 17 to 23 minutes or until tops are golden brown and toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- ☐ In medium bowl, beat powdered sugar, butter, 1 teaspoon lemon peel, the salt, vanilla and 1 tablespoon milk on high speed about 4 minutes or until smooth and well blended, adding

more milk by teaspoonfuls if needed. Frost cupcakes with frosting.

- ☐
- Garnish with 1 cup blueberries, the lemon peel and mint leaves. Store in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:3.3295652140742%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 4.86mg, Petunidin: 4.86mg, Petunidin: 4.86mg, Petunidin: 4.86mg Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg Malvidin: 10.42mg, Malvidin: 10.42mg, Malvidin: 10.42mg, Malvidin: 10.42mg Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 233.1kcal (11.65%), Fat: 11.02g (16.95%), Saturated Fat: 5.3g (33.13%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 32.13g (11.69%), Sugar: 23.31g (25.9%), Cholesterol: 32.55mg (10.85%), Sodium: 223.44mg (9.71%), Alcohol: 0.07g (100%), Alcohol %: 0.12% (100%), Protein: 1.68g (3.35%), Vitamin K: 9.75µg (9.29%), Phosphorus: 82.07mg (8.21%), Calcium: 55.2mg (5.52%), Vitamin E: 0.77mg (5.12%), Vitamin B2: 0.09mg (5.12%), Vitamin A: 254.26IU (5.09%), Manganese: 0.1mg (4.79%), Folate: 17.88µg (4.47%), Vitamin B1: 0.06mg (3.91%), Selenium: 2.25µg (3.22%), Iron: 0.57mg (3.18%), Vitamin B3: 0.57mg (2.88%), Fiber: 0.66g (2.66%), Vitamin C: 1.94mg (2.35%), Vitamin B5: 0.19mg (1.85%), Vitamin B6: 0.03mg (1.7%), Copper: 0.03mg (1.56%), Vitamin B12: 0.08µg (1.29%), Vitamin D: 0.19µg (1.24%), Zinc: 0.16mg (1.07%), Magnesium: 4.21mg (1.05%), Potassium: 35.5mg (1.01%)