



Lemon Blueberry Cupcakes with Lemon Cream Cheese Frosting

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



478 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups blueberries fresh
- ☐ 2 sticks butter
- ☐ 8 ounces cream cheese
- ☐ 3 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 juice of lemon

- ☐ 1 lemon zest
- ☐ 10 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ For the cupcakes: Preheat the oven to 350 degrees. Line cupcake tins with 24 paper liners.
- ☐ Mix the flour, soda and salt together in a bowl. Set aside.
- ☐ Add the butter and sugar to a mixing bowl and cream until light and fluffy.
- ☐ Add the eggs 1 at a time and mix thoroughly.
- ☐ Add the vanilla and lemon zest and mix to combine.
- ☐ Add the dry mixture in 3 parts alternating with the sour cream, ending with dry mixture. Stir in the blueberries. Fill the prepared tins two-thirds full and bake 16 to 20 minutes. Cool.
- ☐ For the frosting: Cream the butter and cream cheese until smooth.
- ☐ Add the vanilla, lemon zest and juice and blend until combined.
- ☐ Add the powdered sugar gradually until combined.
- ☐ Frost the cooled cupcakes with the cream cheese frosting.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:22.29, Inflammation Score:-4, Nutrition Score:4.9182609216027%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 477.57kcal (23.88%), Fat: 15.4g (23.69%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 83.35g (27.78%), Net Carbohydrates: 82.61g (30.04%), Sugar: 67.6g (75.11%), Cholesterol: 61.56mg (20.52%), Sodium: 199.69mg (8.68%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 3.78g (7.56%), Selenium: 9.9µg (14.14%), Vitamin B2: 0.19mg (11.14%), Vitamin B1: 0.16mg (10.38%), Vitamin A: 516.54IU (10.33%), Folate: 39.06µg (9.77%), Manganese: 0.16mg (8.17%), Phosphorus: 58.77mg (5.88%), Vitamin B3: 1.15mg (5.76%), Iron: 1.04mg (5.75%), Calcium: 38.28mg (3.83%), Vitamin E: 0.5mg (3.31%), Vitamin B5: 0.31mg (3.07%), Fiber: 0.74g (2.98%), Vitamin K: 3µg (2.86%), Copper: 0.05mg (2.29%), Vitamin C: 1.88mg (2.27%), Zinc: 0.34mg (2.27%), Potassium: 76.19mg (2.18%), Vitamin B12: 0.13µg (2.1%), Magnesium: 8.31mg (2.08%), Vitamin B6: 0.04mg (1.83%)