

Lemon-Cream Cheese Cupcakes

READY IN



99 min.

SERVINGS



24

CALORIES



235 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 250 g cream cheese softened
- 4 egg whites
- 3.8 cups powdered sugar
- 3.4 ounce jell-o vanilla flavor pudding instant
- 2 tablespoons juice of lemon
- 2 tablespoons vegetable oil
- 1 cup water
- 18.3 ounce cake mix white (2-layer size)

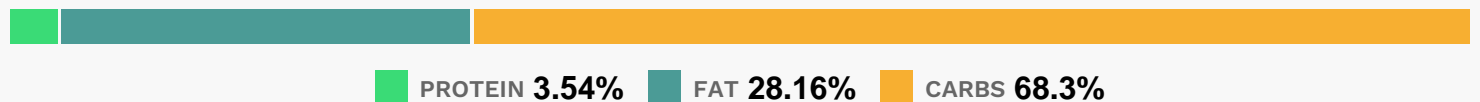
Equipment

- bowl
- oven
- blender
- toothpicks
- muffin liners

Directions

- Heat oven to 350 degrees F.
- Beat first 5 ingredients in large bowl with mixer on low speed 1 min. or until dry ingredients are moistened. (Batter will be thick.) Beat on medium speed 2 min. Spoon into 24 paper-lined muffin cups.
- Bake 21 to 24 min. or until toothpick inserted in centres comes out clean. Cool in pans 10 min.; remove to wire racks. Cool completely.
- Beat cream cheese, butter and lemon juice in large bowl with mixer until well blended. Gradually add sugar, beating well after each addition.
- Spread onto cupcakes.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:2.5678260611451%

Flavonoids

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

Nutrients (% of daily need)

Calories: 234.66kcal (11.73%), Fat: 7.46g (11.47%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 40.7g (13.57%), Net Carbohydrates: 40.44g (14.7%), Sugar: 31.06g (34.51%), Cholesterol: 15.6mg (5.2%), Sodium: 231.99mg

(10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Phosphorus: 85.29mg (8.53%), Calcium: 58.99mg (5.9%), Vitamin B2: 0.1mg (5.75%), Selenium: 3.92µg (5.6%), Folate: 16.55µg (4.14%), Vitamin A: 199.06IU (3.98%), Vitamin B1: 0.05mg (3.32%), Vitamin K: 3.05µg (2.91%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.53mg (2.66%), Iron: 0.45mg (2.51%), Manganese: 0.05mg (2.36%), Vitamin B5: 0.14mg (1.36%), Copper: 0.02mg (1.22%), Potassium: 38.3mg (1.09%), Zinc: 0.16mg (1.06%), Fiber: 0.26g (1.06%), Magnesium: 4.08mg (1.02%)