



Lemon Cupcakes

 Vegetarian

READY IN



85 min.

SERVINGS



30

CALORIES



234 kcal

DESSERT

Ingredients

- 0.8 cup confectioners' sugar
- 30 servings lemon cream icing
- 4 eggs at room temperature
- 2 cups heavy cream chilled
- 1.5 tablespoons juice of lemon fresh
- 2 tablespoons lemon zest
- 0.5 teaspoon salt
- 3 cups self-rising flour

- 1 cup butter unsalted at room temperature
- 1 teaspoon vanilla extract
- 2 cups sugar white
- 1 cup milk whole divided

Equipment

- bowl
- oven
- blender
- hand mixer
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line 30 cupcake pan cups with paper liners.
- Sift the self-rising flour and salt together in a bowl. In another bowl, beat the unsalted butter and sugar with an electric mixer until light and fluffy. Beat in the eggs one at a time, beating each egg until incorporated before adding the next.
- Mix in the vanilla extract and lemon zest.
- Gently beat the flour mixture into the butter mixture, one third at a time, alternating with half the milk and half the lemon juice after each of the first 2 additions of flour. Beat until just combined; do not over mix.
- Fill the prepared cupcake liners with batter 3/4 full, and bake in the preheated oven until a toothpick inserted in the center comes out clean, about 17 minutes.
- Let the cupcakes cool in the pans for about 10 minutes before removing them to finish cooling on a rack.
- To make the icing, beat the cream in a chilled bowl with an electric mixer set on Low until the cream begins to thicken.
- Add the confectioners' sugar and lemon juice, a little at a time, beating after each addition, until fully incorporated. Increase the mixer speed to High, and beat until the icing forms soft

peaks, about 5 minutes.

Spread on the cooled cupcakes. Refrigerate leftovers.

Nutrition Facts

PROTEIN 5.09% **FAT 49.53%** **CARBS 45.38%**

Properties

Glycemic Index:5.84, Glycemic Load:15.33, Inflammation Score:-3, Nutrition Score:2.8382608683213%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 234.48kcal (11.72%), Fat: 13.11g (20.17%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 26.68g (9.7%), Sugar: 17.85g (19.83%), Cholesterol: 57mg (19%), Sodium: 57.69mg (2.51%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Protein: 3.03g (6.06%), Selenium: 7.58µg (10.82%), Vitamin A: 467.68IU (9.35%), Manganese: 0.1mg (5.14%), Vitamin B2: 0.08mg (4.8%), Phosphorus: 43.12mg (4.31%), Vitamin D: 0.57µg (3.83%), Vitamin E: 0.44mg (2.93%), Calcium: 28.27mg (2.83%), Vitamin B5: 0.23mg (2.26%), Vitamin B12: 0.13µg (2.24%), Folate: 7.95µg (1.99%), Zinc: 0.26mg (1.76%), Copper: 0.03mg (1.6%), Magnesium: 6.21mg (1.55%), Potassium: 51.98mg (1.49%), Vitamin B1: 0.02mg (1.39%), Fiber: 0.34g (1.38%), Iron: 0.25mg (1.37%), Vitamin B6: 0.03mg (1.32%), Vitamin C: 0.9mg (1.09%), Vitamin K: 1.12µg (1.06%)