



## Lemon Cupcakes with Lavender Frosting

 Dairy Free

READY IN



350 min.

SERVINGS



2

CALORIES



1277 kcal

DESSERT

### Ingredients

- ☐ 1 cup coconut water
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites at room temperature
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 1 teaspoon lavender buds dried
- ☐ 0.7 cup juice of lemon fresh ( 4 lemons)
- ☐ 12 paper baking cups
- ☐ 2 inch round shortbread cookies

- ☐ 1 cup sparkling beverage lemon-flavored
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract

## Equipment

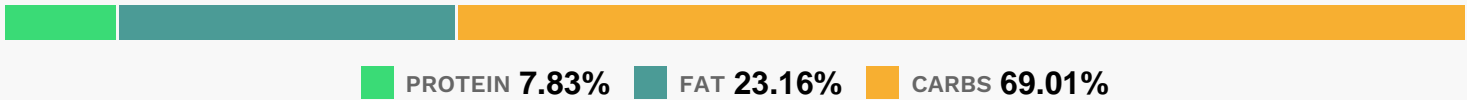
- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ muffin tray
- ☐ mini muffin tray

## Directions

- ☐ Whisk together first 2 ingredients in a medium saucepan; whisk in coconut water and sparkling beverage. Cook over medium-low heat 2 minutes, whisking just until sugar dissolves.
- ☐ Remove from heat, and whisk in lemon juice.
- ☐ Let stand 2 minutes.
- ☐ Lightly grease a 12-cup muffin pan with cooking spray. Spoon 1/4 cup gelatin mixture into each cup of pan. Chill 4 hours or until completely set.
- ☐ Gently run a small knife around the edges of each muffin cup, and invert a baking sheet over muffin pan. Holding baking sheet and pan together, invert and hold under hot running water until gelatin cakes unmold from muffin pan onto baking sheet.
- ☐ Place 12 baking cups on a serving tray; place 1 cookie in each baking cup. Top each with a gelatin cake. Chill 1 to 2 hours.

- ☐ Meanwhile, prepare Frosting: Process lavender and 1 cup sugar in a food processor 1 minute or until lavender is finely crushed.
- ☐ Pour water to depth of 2 inches into bottom of a double boiler over medium-low heat; bring to a simmer.
- ☐ Place egg whites, cream of tartar, and lavender mixture in top of double boiler over simmering water. Cook mixture, whisking constantly, 9 to 10 minutes or until a thermometer registers 16
- ☐ Remove from heat, and beat at high speed with an electric mixer, using whisk attachment, 3 to 4 minutes or until stiff, glossy peaks form. Stir in vanilla.
- ☐ Spoon frosting into a zip-top plastic freezer bag. (Do not seal.) Snip 1 corner of bag to make a small hole. Pipe frosting onto each gelatin cupcake.
- ☐ Serve immediately.
- ☐ \*1 additional cup lemon-flavored sparkling beverage may substitute.
- ☐ Note: Feel free to make these using a jumbo or mini muffin pan.

## Nutrition Facts



## Properties

Glycemic Index:129.59, Glycemic Load:107.45, Inflammation Score:-7, Nutrition Score:16.139565079109%

## Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 1277.21kcal (63.86%), Fat: 32.84g (50.52%), Saturated Fat: 11.37g (71.05%), Carbohydrates: 220.09g (73.36%), Net Carbohydrates: 214.82g (78.12%), Sugar: 205.53g (228.36%), Cholesterol: 6.12mg (2.04%), Sodium: 633.24mg (27.53%), Alcohol: 7.9g (100%), Alcohol %: 1.54% (100%), Caffeine: 7.14mg (2.38%), Protein: 24.98g (49.97%), Vitamin C: 34.96mg (42.38%), Vitamin B2: 0.55mg (32.23%), Magnesium: 119.2mg (29.8%), Potassium: 1014.76mg (28.99%), Selenium: 19.97µg (28.53%), Vitamin B3: 5.03mg (25.15%), Copper: 0.5mg (24.97%), Phosphorus: 226.81mg (22.68%), Fiber: 5.27g (21.08%), Folate: 78.84µg (19.71%), Vitamin B1: 0.23mg (15.48%), Calcium: 139.8mg (13.98%), Iron: 2.47mg (13.7%), Zinc: 1.62mg (10.8%), Manganese: 0.21mg (10.74%), Vitamin B6: 0.21mg (10.36%), Vitamin B5: 0.93mg (9.33%), Vitamin B12: 0.32µg (5.41%), Vitamin E: 0.34mg (2.25%), Vitamin K: 2.32µg (2.21%), Vitamin A: 71.68IU (1.43%)