



## Lemon Cupcakes with Strawberry Frosting

 Dairy Free

READY IN



105 min.

SERVINGS



24

CALORIES



143 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 3 tablespoons lemon zest grated
- 4 oz strawberries hulled
- 12 oz fluffy frosting white
- 12 strawberries sliced
- 1 serving lemon zest

### Equipment

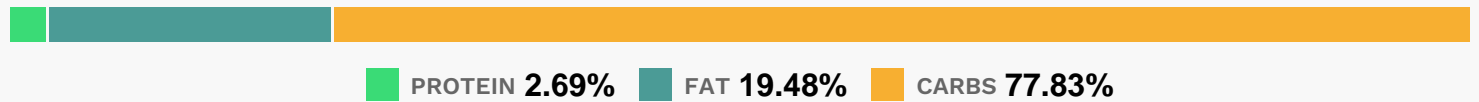
- bowl

- oven
- blender

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Make, bake and cool cake mix as directed on box for 24 cupcakes, adding grated lemon peel with the water.
- Place 4 oz strawberries in blender. Cover; pulse 20 seconds to puree strawberries.
- Pour 1/4 cup of the strawberry puree into medium bowl. Stir in fluffy white frosting until well mixed.
- Generously frost cupcakes.
- Garnish with sliced strawberries and lemon peel curls. Store loosely covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:5.13, Glycemic Load:4.38, Inflammation Score:-1, Nutrition Score:2.653913071541%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.67mg, Pelargonidin: 2.67mg, Pelargonidin: 2.67mg, Pelargonidin: 2.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 143.17kcal (7.16%), Fat: 3.13g (4.81%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 27.56g (10.02%), Sugar: 18.57g (20.63%), Cholesterol: 0mg (0%), Sodium: 175.52mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin C: 7.28mg (8.83%), Phosphorus: 77.81mg (7.78%), Vitamin B2: 0.09mg (5.44%), Calcium: 50.33mg (5.03%), Folate: 18.89µg (4.72%), Manganese: 0.09mg

(4.28%), Vitamin B1: 0.05mg (3.41%), Vitamin B3: 0.59mg (2.95%), Vitamin E: 0.44mg (2.92%), Selenium: 1.91µg (2.74%), Iron: 0.49mg (2.74%), Vitamin K: 2.66µg (2.53%), Fiber: 0.53g (2.13%), Copper: 0.02mg (1.16%), Potassium: 35.8mg (1.02%)