



Lemon Cupcakes with Strawberry Frosting

 Dairy Free

READY IN



105 min.

SERVINGS



24

CALORIES



164 kcal

DESSERT

Ingredients

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

Equipment

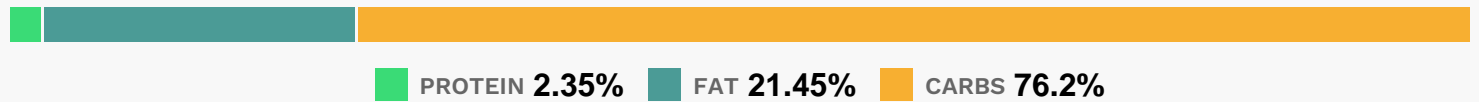
- bowl

- oven
- blender

Directions

- Heat oven to 350F (325F 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:5.86, Inflammation Score:-1, Nutrition Score:2.7847826237912%

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: 164.48kcal (8.22%), Fat: 3.95g (6.07%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 31.02g (11.28%), Sugar: 21.78g (24.2%), Cholesterol: 0mg (0%), Sodium: 184.87mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Vitamin C: 7.53mg (9.13%), Phosphorus: 78.75mg (7.87%), Vitamin B2: 0.11mg (6.35%), Calcium: 50.74mg (5.07%), Folate: 19.32µg (4.83%), Manganese: 0.09mg (4.28%),

Vitamin B1: 0.05mg (3.45%), Vitamin E: 0.52mg (3.44%), Vitamin K: 3.32µg (3.16%), Vitamin B3: 0.6mg (3.01%), Iron: 0.5mg (2.79%), Selenium: 1.92µg (2.74%), Fiber: 0.55g (2.21%), Copper: 0.02mg (1.17%), Potassium: 37.83mg (1.08%), Magnesium: 4.1mg (1.02%)