



Lemon Curd-Filled Angel Food Cupcakes



Vegetarian



Dairy Free

READY IN



47 min.

SERVINGS



30

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon cream of tartar
- ☐ 1.8 cups egg whites (13 to 15 eggs)
- ☐ 1.3 cups flour all-purpose
- ☐ 1 slices optional: lemon
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 teaspoon rum light
- ☐ 0.3 teaspoon orange extract
- ☐ 0.3 teaspoon salt

- ☐ 1.8 cups sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

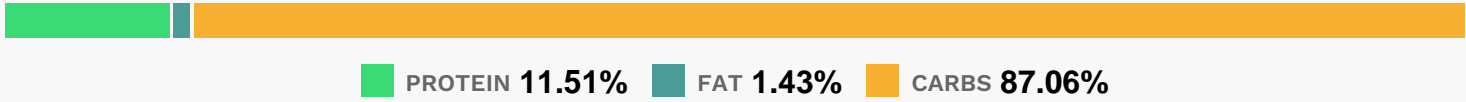
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 37
- ☐ Sift together sugar, flour, and salt in a bowl.
- ☐ Combine lemon juice, vanilla extract, rum, and orange extract.
- ☐ Beat egg whites and cream of tartar at high speed with a heavy-duty electric stand mixer until stiff peaks form; gently transfer egg white mixture to a large bowl.
- ☐ Gradually fold in sugar mixture with a large spatula, 1/3 cup at a time, folding just until blended after each addition. Fold in lemon juice mixture.
- ☐ Arrange 12 (2 1/2- x 2-inch) muffin-size paper baking molds* on an aluminum foil-lined baking sheet; spoon batter into baking molds, filling almost completely full.
- ☐ Bake at 375 for 17 to 19 minutes or until a long wooden pick inserted in centers comes out clean.
- ☐ Transfer to a wire rack, and cool completely (about 1 hour).
- ☐ Make a small hole in top of each cupcake using the handle of a wooden spoon. Spoon Lemon Curd Filling into a zip-top plastic freezer bag. Snip 1 corner of bag to make a tiny hole. Pipe a generous amount of filling into each cupcake.
- ☐ Spread Cream Cheese Frosting on tops of cupcakes.

- ☐
- Garnish, if desired.
- ☐
- *15 jumbo aluminum foil baking cups may be substituted.
- ☐
- Place baking cups directly on an aluminum foil-lined baking sheet; fill cups, and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:11.22, Inflammation Score:-1, Nutrition Score:1.2595652193641%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg 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: 73.23kcal (3.66%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 15.9 g (5.78%), Sugar: 11.78g (13.09%), Cholesterol: 0mg (0%), Sodium: 43.19mg (1.88%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 2.12g (4.25%), Selenium: 4.79µg (6.84%), Vitamin B2: 0.09mg (5.41%), Vitamin B1: 0.04mg (2.96%), Folate: 10.83µg (2.71%), Manganese: 0.04mg (2.02%), Vitamin B3: 0.34mg (1.72%), Iron: 0.28mg (1.55%), Potassium: 42.43mg (1.21%)