



Lemon Meringue Surprise Cupcakes

 Dairy Free

READY IN



100 min.

SERVINGS



24

CALORIES



153 kcal

DESSERT

Ingredients

- 1 box lemon cake mix
- 10 oz lemon curd
- 1 cup sugar
- 0.3 cup water
- 0.1 teaspoon salt
- 3 egg whites
- 0.3 teaspoon cream of tartar
- 0.5 teaspoon vanilla

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- hand mixer
- wooden spoon
- ziploc bags
- muffin liners
- candy thermometer

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 24 regular-size muffin cups. Make and bake cake mix as directed on box for cupcakes, using water, oil and whole eggs. Cool 10 minutes; remove from pans to cooling racks. Cool completely. With end of wooden spoon handle, make deep, 3/4-inchwide indentation in center of top of each cupcake, not quite to bottom. Spoon lemon curd into resealable food-storage plastic bag; seal bag.
- Cut 3/8-inch tip off one bottom corner of bag. Insert tip of bag into opening in each cupcake; squeeze bag to fill opening.
- Increase oven temperature to 450°F. In 1-quart saucepan, mix sugar, 1/4 cup water and the salt. Cook over medium heat, stirring just until sugar dissolves.
- Heat to boiling. Boil about 8 minutes, without stirring, to 238°F on candy thermometer; remove from heat. In medium bowl, beat egg whites and cream of tartar with electric mixer on high speed until soft peaks form.
- Pour hot sugar syrup in thin stream over egg whites, beating until stiff peaks form. Beat in vanilla. Spoon meringue into decorating bag fitted with open #6 tip. Pipe meringue onto cupcakes.
- Place cupcakes on cookie sheet.
- Bake 2 to 4 minutes or until lightly browned.

Nutrition Facts

PROTEIN 3.92% FAT 10.01% CARBS 86.07%

Properties

Glycemic Index:2.92, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:1.707391300927%

Nutrients (% of daily need)

Calories: 153.2kcal (7.66%), Fat: 1.72g (2.64%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 32.95g (11.98%), Sugar: 24.77g (27.52%), Cholesterol: 0mg (0%), Sodium: 210.83mg (9.17%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.51g (3.03%), Phosphorus: 67.35mg (6.73%), Calcium: 45.89mg (4.59%), Vitamin B2: 0.07mg (3.99%), Folate: 14.8µg (3.7%), Vitamin B1: 0.05mg (3.33%), Iron: 0.46mg (2.54%), Vitamin B3: 0.5mg (2.51%), Manganese: 0.04mg (2.11%), Selenium: 1.45µg (2.07%), Vitamin E: 0.2mg (1.32%), Fiber: 0.28g (1.13%)