



## Lemon Raspberry Cupcakes

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



454 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.3 cups buttermilk at room temperature
- 1 cup cream cheese at room temperature
- 1.5 cups granulated sugar
- 2 tablespoons granulated sugar
- 1 juice of lemon juiced
- 1 teaspoon lemon zest

- 1 cup olive oil
- 1.3 cups pastry flour
- 2 cups powdered sugar
- 0.5 cup raspberries plus more for garnish halved
- 1 teaspoon salt
- 1 stick butter unsalted at room temperature
- 0.5 cup chocolate white melted
- 3 eggs whole at room temperature

## Equipment

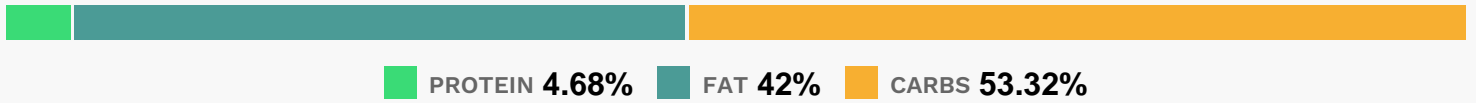
- bowl
- oven
- whisk
- pot
- blender
- toothpicks
- muffin liners
- muffin tray

## Directions

- For the cupcakes: Preheat the oven to 345 degrees F. Line a cupcake pan with liners.
- Combine the granulated sugar, pastry flour, baking powder, baking soda and salt in a bowl. In a separate bowl, combine the buttermilk, olive oil, lemon zest and eggs.
- Combine the wet ingredients with the dry ingredients and mix with a whisk until smooth.
- Scoop the batter into the cupcake liners and bake for 12 to 15 minutes. Check for doneness by inserting a toothpick into the cupcakes. If it comes out clean, they are done.
- For the soaker: In a small pot over medium heat, add the granulated sugar, lemon juice and 2 tablespoons water. Once the sugar has been dissolved, it is ready to be used.
- After the cupcakes are baked, brush the soaker on top of each cupcake and add a few halved raspberries.

- Mix the cream cheese until smooth using the paddle attachment on a mixer.
- Add in the butter and mix until mixed in.
- Add the white chocolate and mix until fully incorporated.
- Add the powdered sugar until you reach a smooth frosting-like consistency.
- Put the frosting into a piping bag with piping tip of your choice.
- To assemble: Decorate the way you like with the cream cheese frosting.
- Garnish with fresh raspberries for a refreshing look. Get creative and have a blast!

## Nutrition Facts



### Properties

Glycemic Index:32.18, Glycemic Load:21.93, Inflammation Score:-4, Nutrition Score:7.4991304356119%

### Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 454.08kcal (22.7%), Fat: 21.82g (33.57%), Saturated Fat: 11.1g (69.36%), Carbohydrates: 62.34g (20.78%), Net Carbohydrates: 60.64g (22.05%), Sugar: 52.07g (57.86%), Cholesterol: 84.18mg (28.06%), Sodium: 428.65mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Manganese: 0.55mg (27.58%), Selenium: 14.29µg (20.42%), Phosphorus: 128.81mg (12.88%), Vitamin A: 594.68IU (11.89%), Vitamin B2: 0.19mg (11.03%), Calcium: 92.55mg (9.26%), Vitamin E: 1.22mg (8.15%), Fiber: 1.7g (6.8%), Magnesium: 24.87mg (6.22%), Vitamin B1: 0.09mg (5.97%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.3µg (5.02%), Zinc: 0.73mg (4.89%), Vitamin

B6: 0.1mg (4.84%), Vitamin D: 0.69µg (4.57%), Iron: 0.81mg (4.49%), Potassium: 148.74mg (4.25%), Vitamin K: 4.46µg (4.25%), Copper: 0.08mg (4.11%), Folate: 15.86µg (3.97%), Vitamin B3: 0.75mg (3.73%), Vitamin C: 2.52mg (3.05%)