

Lemon-Raspberry Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 2 large eggs
- ☐ 4 tablespoons juice of lemon fresh divided
- ☐ 4.5 teaspoons lemon zest divided finely grated
- ☐ 3 cups powdered sugar divided
- ☐ 12 servings raspberries fresh (for garnish)
- ☐ 12 teaspoons raspberry jam seedless
- ☐ 1.3 cups self raising flour

☐ 12 tablespoons butter unsalted room temperature

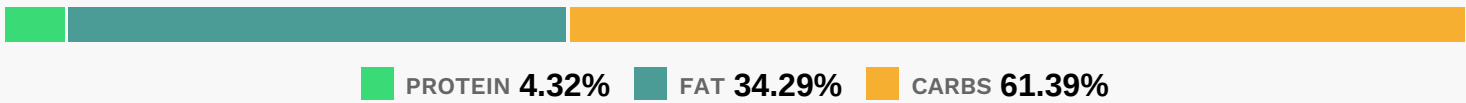
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350°F. Line 12 muffin cups with paper liners. Using electric mixer, beat butter, 1 1/2 cups powdered sugar, and 3 teaspoons lemon peel in large bowl until blended, then beat until fluffy and pale yellow.
- ☐ Add eggs 1 at a time, beating to blend after each addition. Beat in half of flour.
- ☐ Add buttermilk and 2 tablespoons lemon juice; beat to blend. Beat in remaining flour.
- ☐ Drop 1 rounded tablespoonful batter into each muffin liner. Spoon 1 teaspoon raspberry jam over. Cover with remaining batter, dividing equally.
- ☐ Bake cupcakes until tester inserted halfway into centers comes out clean, about 23 minutes. Cool cupcakes in pan on rack. Meanwhile, whisk remaining 1 1/2 cups powdered sugar, 2 tablespoons lemon juice, and 1 1/2 teaspoons lemon peel in small bowl. Spoon half of icing over 6 cupcakes.
- ☐ Whisk 1 tablespoon raspberry jam into remaining icing. Spoon over remaining cupcakes.
- ☐ Let stand until icing sets, about 30 minutes.
- ☐ Garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:9.65, Inflammation Score:-4, Nutrition Score:6.8752173444499%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 331.21kcal (16.56%), Fat: 12.94g (19.91%), Saturated Fat: 7.59g (47.46%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 47.74g (17.36%), Sugar: 35.87g (39.85%), Cholesterol: 61.65mg (20.55%), Sodium: 22.42mg (0.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Manganese: 0.51mg (25.64%), Vitamin C: 19.24mg (23.32%), Fiber: 4.38g (17.54%), Selenium: 8.5µg (12.15%), Vitamin A: 423.85IU (8.48%), Vitamin E: 1.01mg (6.72%), Folate: 23.35µg (5.84%), Phosphorus: 55.96mg (5.6%), Vitamin B2: 0.09mg (5.55%), Vitamin K: 5.74µg (5.47%), Copper: 0.1mg (4.89%), Magnesium: 18.93mg (4.73%), Vitamin B5: 0.43mg (4.27%), Iron: 0.74mg (4.13%), Potassium: 137.57mg (3.93%), Zinc: 0.51mg (3.42%), Calcium: 33.73mg (3.37%), Vitamin B6: 0.06mg (2.96%), Vitamin D: 0.44µg (2.94%), Vitamin B1: 0.04mg (2.58%), Vitamin B3: 0.52mg (2.58%), Vitamin B12: 0.12µg (2.02%)