



Lemon-Scented Blueberry Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



227 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.8 cup blueberries fresh thawed
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons butter softened
- ☐ 1 large eggs
- ☐ 6.8 ounces plus 2 tablespoons flour all-purpose divided
- ☐ 10 tablespoons granulated sugar

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1.5 cups powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

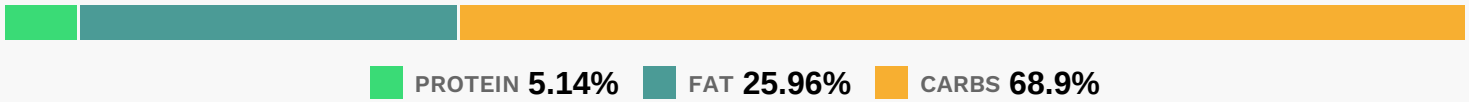
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place 12 decorative paper muffin cup liners into muffin cups.
- ☐ To prepare cupcakes, lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife. Measure 1 tablespoon flour; level with a knife. Sift together 1 1/2 cups flour plus 1 tablespoon flour, granulated sugar, baking powder, 1/4 teaspoon salt, and baking soda in a large bowl.
- ☐ Combine melted butter and egg in another large bowl; stir with a whisk.
- ☐ Add buttermilk, milk, and 1 teaspoon rind to butter mixture; stir with a whisk.

- ☐
- Add buttermilk mixture to flour mixture, stirring just until moist. Toss blueberries with remaining 1 tablespoon flour. Fold blueberries into batter. Spoon batter into prepared muffin cups.
- ☐
- Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐
- To prepare frosting, place cream cheese, 2 tablespoons butter, 1 teaspoon rind, vanilla, and 1/8 teaspoon salt in a bowl; beat with a mixer at medium speed just until blended. Gradually add powdered sugar (do not overbeat). Stir in juice.
- ☐
- Spread frosting evenly over cupcakes; garnish with blueberries, if desired. Store, covered, in refrigerator.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:16.36, Inflammation Score:-2, Nutrition Score:3.9973913508913%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 227.17kcal (11.36%), Fat: 6.65g (10.23%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 39.02g (14.19%), Sugar: 26.68g (29.65%), Cholesterol: 31.87mg (10.62%), Sodium: 208.68mg (9.07%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 2.96g (5.92%), Selenium: 7.36µg (10.52%), Vitamin B1: 0.14mg (9.21%), Vitamin B2: 0.14mg (8.41%), Folate: 33.09µg (8.27%), Manganese: 0.14mg (7.23%), Calcium: 60.36mg (6.04%), Phosphorus: 57.29mg (5.73%), Iron: 0.92mg (5.11%), Vitamin B3: 1mg (5.02%), Vitamin A:

218.85IU (4.38%), Fiber: 0.67g (2.69%), Vitamin K: 2.37µg (2.26%), Vitamin B5: 0.22mg (2.17%), Vitamin B12: 0.12µg (2.05%), Vitamin C: 1.55mg (1.88%), Vitamin E: 0.28mg (1.86%), Zinc: 0.28mg (1.86%), Potassium: 62.73mg (1.79%), Magnesium: 7.14mg (1.78%), Copper: 0.04mg (1.77%), Vitamin B6: 0.03mg (1.35%)