



Lemon-Scented Blueberry Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



227 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons 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 flour all-purpose divided
- 10 tablespoons sugar

- 2 teaspoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 1 teaspoon lemon zest 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

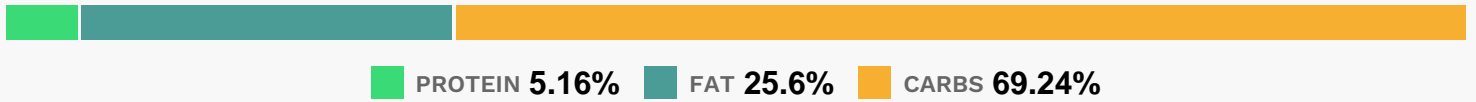
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- muffin liners
- measuring cup

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:23.76, Glycemic Load:16.23, Inflammation Score:0, Nutrition Score:4.1939130710519%

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 Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 226.78kcal (11.34%), Fat: 6.55g (10.07%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 39.15g (14.24%), Sugar: 26.68g (29.64%), Cholesterol: 31.58mg (10.53%), Sodium: 155.35mg (6.75%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 2.97g (5.95%), Selenium: 7.33µg (10.47%), Vitamin B1: 0.14mg (9.34%), Folate: 32.81µg (8.2%), Phosphorus: 81.78mg (8.18%), Vitamin B2: 0.14mg (8.16%), Manganese: 0.15mg (7.28%), Calcium: 53.45mg (5.35%), Vitamin B3: 1.01mg (5.03%), Iron: 0.9mg (5.02%), Vitamin A: 228.18IU

(4.56%), Potassium: 115.27mg (3.29%), Fiber: 0.7g (2.81%), Vitamin K: 2.36µg (2.25%), Vitamin B12: 0.13µg (2.18%),
Vitamin B5: 0.22mg (2.18%), Vitamin C: 1.75mg (2.12%), Zinc: 0.28mg (1.86%), Vitamin E: 0.28mg (1.86%),
Magnesium: 7.27mg (1.82%), Copper: 0.04mg (1.75%), Vitamin B6: 0.03mg (1.47%), Vitamin D: 0.19µg (1.28%)