



Lemon Verbena Vegan Cupcakes with Orange-Almond “Buttercream” Frosting

READY IN



40 min.

SERVINGS



12

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons cornstarch (prevents the cupcakes from being too dense)
- ☐ 0.3 cup dairy-free margarine (I like Earth Balance – soy-free is available)
- ☐ 1.3 cups flour all-purpose

- ☐ 1 cup fairly firmly and lemon verbena leaves dried packed rinsed for garnish (I find that the largest leaves don't impart as much flavor; perhaps use them)
- ☐ 12 servings lemon verbena sprigs fresh
- ☐ 1 cup milk alternative
- ☐ 2 tablespoons orange juice concentrate frozen (I use Minute-Maid; check to see that the brand you purchase contains no high fructose corn syrup if you avoid it)
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon salt traditional fine (I use sea salt in everything, as I like the barely detectable "crunch" even in sweets, but table salt is and more in baked goods)
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vegetable shortening (such as palm shortening)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ wooden spoon
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry bag
- ☐ offset spatula

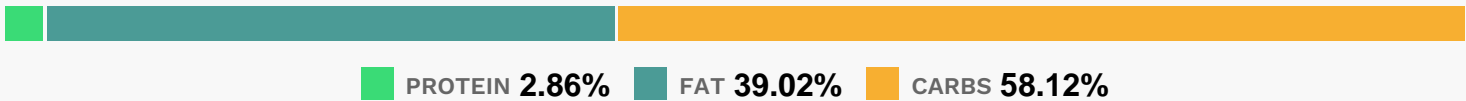
Directions

- ☐ Preheat the oven to 350 degrees. Line a regular-sized 12-cup muffin tin with cupcake papers. In a small bowl, whisk together soymilk and vinegar to curdle into a vegan buttermilk.

Set aside.Meanwhile, in a food processor, pulse together the sugar and lemon verbena leaves until tiny flecks of green are distributed through the sugar.

- ☐
- Transfer the mixture to a medium size bowl, and add flour, cornstarch, baking powder, baking soda and salt.Make a well in the center and pour in the soymilk mixture along with the oil and extract.Stir the wet and dry ingredients together with a wooden spoon until virtually no lumps are detectable.Using a scoop, fill the muffin cups only 2/3 full. That’s all the batter you will have because filling them fuller can cause sinking.
- ☐
- Bake the cupcakes on the center oven rack for 20–22 minutes or until a wooden pick inserted in the center of one comes out clean.Cool and then frost with Orange–Almond Buttercream Frosting.In the bowl of an electric mixer, cream together the shortening and vegan butter.
- ☐
- Add the powdered sugar, and combine on low speed so that you don’t end up covered in white powder.Gradually increase the speed and when the mixture begins to look incorporated—it will be thick, almost like a dough instead of a frosting—add the frozen orange juice concentrate and extracts.Beat until smooth and creamy. If necessary, add more orange juice concentrate or powdered sugar to achieve the perfect texture.
- ☐
- Transfer the frosting to a pastry bag, if using, and pipe frosting on top of cooled cupcakes, dividing evenly among them. If necessary, place the bag in the refrigerator for a bit to stiffen the frosting before frosting. Alternatively, swirl the frosting onto the cupcakes using a knife or an offset spatula.
- ☐
- Serve cupcakes on individual plates or a platter garnished with lemon verbena sprigs.Store any leftovers in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:16.75, Inflammation Score:-3, Nutrition Score:5.4234782561012%

Flavonoids

Eriodictyol: 5.27mg, Eriodictyol: 5.27mg, Eriodictyol: 5.27mg, Eriodictyol: 5.27mg Hesperetin: 6.88mg, Hesperetin: 6.88mg, Hesperetin: 6.88mg, Hesperetin: 6.88mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 321.73kcal (16.09%), Fat: 14.27g (21.95%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 46.74g (17%), Sugar: 34.45g (38.28%), Cholesterol: 2.44mg (0.81%), Sodium: 208.98mg (9.09%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 2.35g (4.71%), Vitamin C: 16.65mg (20.18%), Vitamin K: 16.13µg (15.36%), Vitamin E: 1.74mg (11.58%), Vitamin B1: 0.13mg (8.74%), Selenium: 5.14µg (7.35%), Folate: 28.44µg (7.11%), Vitamin B2: 0.11mg (6.36%), Manganese: 0.1mg (5.23%), Calcium: 49.59mg (4.96%), Phosphorus: 46.01mg (4.6%), Iron: 0.82mg (4.56%), Vitamin A: 227.52IU (4.55%), Fiber: 1.08g (4.32%), Vitamin B3: 0.84mg (4.22%), Potassium: 97.58mg (2.79%), Vitamin B5: 0.22mg (2.23%), Vitamin B6: 0.04mg (2.22%), Magnesium: 8.36mg (2.09%), Vitamin B12: 0.11µg (1.83%), Copper: 0.03mg (1.65%), Vitamin D: 0.22µg (1.49%), Zinc: 0.2mg (1.32%)