



## Lightly Lemon Cupcakes

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



206 kcal

DESSERT

### Ingredients

- 3 tablespoons butter softened
- 1 eggs
- 2 cups cup heavy whipping cream
- 1 box jell-o lemon flavor pudding & pie filling instant (4-serving size)
- 1 teaspoon lemon zest grated
- 0.3 cup milk
- 0.3 cup milk
- 0.5 cup sugar

- 1 teaspoon vanilla
- 1.5 cups frangelico
- 1.5 cups frangelico

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 375F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In large bowl, beat all cupcake ingredients with electric mixer on low speed 30 seconds, scraping bowl frequently. Beat on medium speed 4 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups, filling each about 1/3 full (cupcakes will rise as they bake).
- Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan to cooling rack; cool completely.
- In deep large bowl, beat whipping cream with electric mixer on low speed until slightly thickened.
- Add dry pudding mix and 1/4 cup milk; beat on high speed until stiff peaks form.
- Place frosting in decorating bag. Generously pipe frosting over cupcakes. Store in refrigerator.
- Remove from refrigerator 30 minutes before serving.

## Nutrition Facts



■ PROTEIN 3.84% ■ FAT 76.82% ■ CARBS 19.34%

## Properties

Glycemic Index:12.17, Glycemic Load:6.03, Inflammation Score:-4, Nutrition Score:2.5486956617754%

## Nutrients (% of daily need)

Calories: 205.63kcal (10.28%), Fat: 17.89g (27.53%), Saturated Fat: 10.04g (62.77%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 10.12g (3.68%), Sugar: 10.13g (11.26%), Cholesterol: 59.9mg (19.97%), Sodium: 53.76mg (2.34%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 2.01g (4.02%), Vitamin A: 747.39IU (14.95%), Vitamin B2: 0.11mg (6.53%), Vitamin D: 0.84µg (5.59%), Calcium: 44.22mg (4.42%), Phosphorus: 43.09mg (4.31%), Selenium: 2.59µg (3.7%), Vitamin E: 0.52mg (3.46%), Vitamin B12: 0.16µg (2.73%), Vitamin B5: 0.21mg (2.05%), Potassium: 62.93mg (1.8%), Vitamin B6: 0.03mg (1.4%), Zinc: 0.19mg (1.28%), Vitamin K: 1.32µg (1.25%), Magnesium: 4.81mg (1.2%), Vitamin B1: 0.02mg (1.1%)