



Magnolia Bakery Vanilla Cupcakes

 Vegetarian

READY IN



40 min.

SERVINGS



25

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 140 g all purpose flour plain
- ☐ 453 g butter – but not too unsalted soft
- ☐ 5 large egg whites only
- ☐ 4 large eggs
- ☐ 1 cup milk
- ☐ 170 g self-raising flour
- ☐ 283 g caster sugar
- ☐ 1 tsp vanilla extract

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0.3 cup water

Equipment

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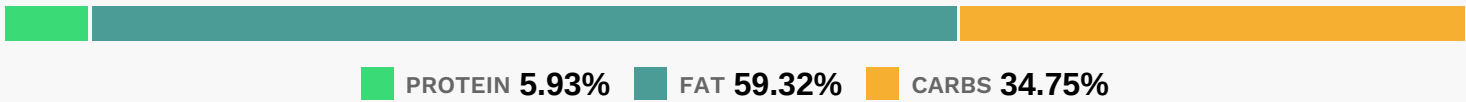
oven

Directions

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Preheat oven to 170°C (350°F).

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:14.36, Inflammation Score:-3, Nutrition Score:3.3460869529973%

Nutrients (% of daily need)

Calories: 239.65kcal (11.98%), Fat: 15.99g (24.59%), Saturated Fat: 9.77g (61.03%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 20.76g (7.55%), Sugar: 11.91g (13.24%), Cholesterol: 69.89mg (23.3%), Sodium: 28.51mg (1.24%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.59g (7.19%), Selenium: 8.81µg (12.58%), Vitamin A: 511.97IU (10.24%), Vitamin B2: 0.12mg (7.01%), Manganese: 0.1mg (4.85%), Phosphorus: 43.69mg (4.37%), Folate: 17.06µg (4.26%), Vitamin B1: 0.06mg (3.95%), Vitamin E: 0.54mg (3.6%), Vitamin D: 0.54µg (3.59%), Vitamin B12: 0.16µg (2.68%), Iron: 0.48mg (2.64%), Vitamin B5: 0.25mg (2.46%), Calcium: 23.36mg (2.34%), Vitamin B3: 0.43mg (2.15%), Zinc: 0.26mg (1.73%), Copper: 0.03mg (1.6%), Magnesium: 6.2mg (1.55%), Potassium: 54.05mg (1.54%), Vitamin K: 1.36µg (1.29%), Vitamin B6: 0.03mg (1.27%), Fiber: 0.31g (1.26%)