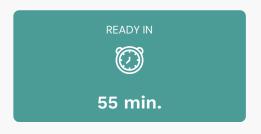


Maple-Walnut Mini Cupcakes

Vegetarian







DESSERT

Ingredients

0.5 cup milk

1.3 cups flour all-purpose	
0.5 teaspoon double-acting baking power	lei
O.1 teaspoon salt	
0.5 cup butter softened	
0.8 cup granulated sugar	
2 eggs	

0.8 cup walnut pieces toasted chopped

	1 teaspoon peppermint flavoring
	4 oz cream cheese softened (half of 8-oz package)
	0.3 cup butter softened
	1.8 cups powdered sugar
	0.5 teaspoon peppermint flavoring
	1 serving sugar raw (sugar)
	1 halves walnut pieces chopped
Eq	uipment
	bowl
	oven
	hand mixer
	toothpicks
	muffin liners
Di	rections
	Heat oven to 350°F.
	Place mini paper baking cup in each of 36 mini muffin cups.
	In medium bowl, mix flour, baking powder and salt; set aside. In large bowl, beat 1/2 cup butter and the granulated sugar with electric mixer on medium speed 2 to 4 minutes or until light and fluffy.
	Add eggs, one at a time, beating well after each addition. Beat in flour mixture alternately with milk. Stir in 3/4 cup walnuts and 1 teaspoon maple flavor. Divide batter evenly among muffin cups, filling each almost full.
	Bake 17 to 18 minutes or until toothpick inserted in center comes out clean.
	Remove from pans to cooling racks; cool completely, about 15 minutes.
	In medium bowl, beat cream cheese and 1/4 cup butter until blended. Gradually add powdered sugar and 1/2 teaspoon maple flavor, beating until smooth. Frost cupcakes.
	Garnish with turbinado sugar and walnuts.

Nutrition Facts

Properties

Glycemic Index:12.28, Glycemic Load:5.62, Inflammation Score:-1, Nutrition Score:1.8973912833178%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 122.49kcal (6.12%), Fat: 6.94g (10.68%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 13.95g (5.07%), Sugar: 10.26g (11.4%), Cholesterol: 22.85mg (7.62%), Sodium: 59.32mg (2.58%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.51g (3.02%), Manganese: 0.12mg (5.91%), Selenium: 2.88µg (4.12%), Vitamin A: 179.67IU (3.59%), Vitamin B1: 0.05mg (3.25%), Vitamin B2: 0.05mg (3.13%), Folate: 12.49µg (3.12%), Phosphorus: 27.61mg (2.76%), Copper: 0.05mg (2.47%), Iron: 0.35mg (1.92%), Calcium: 16.24mg (1.62%), Vitamin B3: 0.31mg (1.56%), Magnesium: 6.05mg (1.51%), Vitamin E: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.18%), Fiber: 0.29g (1.17%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.08%)