



Maple-Walnut Mini Cupcakes

 Vegetarian

READY IN



55 min.

SERVINGS



36

CALORIES



122 kcal

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 0.5 teaspoon double-acting baking powder
- 0.1 teaspoon salt
- 0.5 cup butter softened
- 0.8 cup granulated sugar
- 2 eggs
- 0.5 cup milk
- 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

Equipment

- bowl
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- 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

PROTEIN 4.81% FAT 49.8% CARBS 45.39%

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 %: 0% (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%)