



Martha Stewart's Yellow Buttermilk Cupcakes

READY IN



35 min.

SERVINGS



36

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 2 cups buttermilk room temperature
- ☐ 12 oz cake flour (not self-rising)
- ☐ 1.5 teaspoons coarse salt
- ☐ 5 large eggs plus 3 egg yolks whole room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons heavy cream whole
- ☐ 4 cups powdered sugar sifted

- ☐ 1 pinch salt unsalted (if using)
- ☐ 12 oz butter unsalted salted (we used)
- ☐ 2.3 cups sugar
- ☐ 1 teaspoon really vanilla extract good
- ☐ 2 teaspoons vanilla extract pure

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F. Line 36 standard muffin tins with paper liners. Thoroughly mix together both flours, baking soda, baking powder, and salt. With an electric mixer on medium-high speed, cream butter and sugar until pale and fluffy. Reduce speed to medium.
- ☐ Add whole eggs, one at a time, beating until each is incorporated, scraping down sides of bowl as needed.
- ☐ Add yolks, and beat until thoroughly combined. With a mixing spoon or lowest speed of mixer (we like to do this part by hand), stir in flour mixture and buttermilk alternately until mixture is smooth. With the spoon, beat in vanilla. Divide batter evenly among lined cups, filling each three-quarters full.
- ☐ Bake, rotating tins halfway through, until cupcakes spring back when lightly touched and a cake tester inserted in centers comes out clean, about 20 minutes.
- ☐ Transfer tins to wire racks to cool 10 minutes; turn out cupcakes onto racks and let cool completely. Cupcakes can be stored overnight at room temperature, or frozen up to 2 months, in airtight containers. To make the frosting, beat the butter with an electric mixer until it is smooth and creamy. Gradually add the sugar and continue beating until creamy. Beat in the vanilla.
- ☐ Add enough cream of whole milk until the frosting has a texture you like.

Nutrition Facts



PROTEIN 4.23% FAT 34.28% CARBS 61.49%

Properties

Glycemic Index:9.31, Glycemic Load:16.31, Inflammation Score:-2, Nutrition Score:2.8904347838429%

Nutrients (% of daily need)

Calories: 240.61kcal (12.03%), Fat: 9.28g (14.28%), Saturated Fat: 5.56g (34.72%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 37.09g (13.49%), Sugar: 26.29g (29.22%), Cholesterol: 48.23mg (16.08%), Sodium: 164.38mg (7.15%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 2.58g (5.16%), Selenium: 7.61µg (10.87%), Vitamin A: 304.64IU (6.09%), Manganese: 0.11mg (5.73%), Vitamin B2: 0.08mg (4.52%), Phosphorus: 43.58mg (4.36%), Folate: 17.08µg (4.27%), Vitamin B1: 0.06mg (3.97%), Calcium: 38.44mg (3.84%), Vitamin D: 0.46µg (3.04%), Iron: 0.44mg (2.45%), Vitamin E: 0.34mg (2.25%), Vitamin B3: 0.42mg (2.1%), Vitamin B12: 0.12µg (2.08%), Vitamin B5: 0.2mg (1.98%), Copper: 0.03mg (1.68%), Zinc: 0.24mg (1.57%), Fiber: 0.37g (1.47%), Magnesium: 5.32mg (1.33%), Potassium: 39.74mg (1.14%)