



Mini Almond Cupcakes

 Vegetarian

READY IN



46 min.

SERVINGS



12

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 2.5 ounces almond paste
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter softened
- ☐ 2 tablespoons canola oil
- ☐ 1 large egg white
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup milk 2% reduced-fat

- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 teaspoon vanilla extract

Equipment

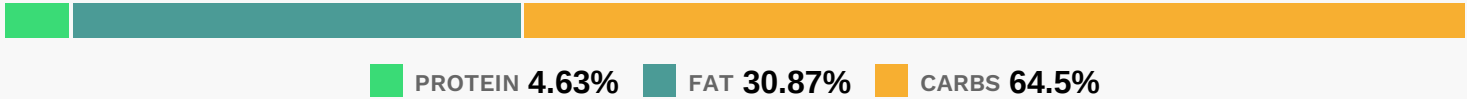
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cupcakes, place almond paste and granulated sugar in a bowl. Beat with a mixer at medium speed until mixture is sandy (about 2 minutes).
- ☐ Add egg white, and beat for 1 minute or until well combined.
- ☐ Add milk and oil; beat 1 minute or until well combined.
- ☐ Weigh or lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine the flour, baking powder, and 1/4 teaspoon salt, stirring with a whisk.
- ☐ Add flour mixture to almond mixture; beat at low speed 1 minute or until combined. Divide batter evenly among 24 miniature muffin cups coated with baking spray (a scant 2 teaspoons batter each).
- ☐ Bake at 350 for 8 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack.
- ☐ Remove from pan; cool completely on rack.

- ☐ To prepare icing, place cream cheese and butter in a bowl; beat with a mixer at medium speed until smooth (about 2 minutes).
- ☐ Add the remaining ingredients; beat for 2 minutes or until well combined and smooth. Tint icing, if desired. Top each cupcake with about 1 1/2 teaspoons icing.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:7.8, Inflammation Score:-1, Nutrition Score:2.4447826025603%

Nutrients (% of daily need)

Calories: 145.91kcal (7.3%), Fat: 5.1g (7.85%), Saturated Fat: 1g (6.25%), Carbohydrates: 24g (8%), Net Carbohydrates: 23.52g (8.55%), Sugar: 17.76g (19.73%), Cholesterol: 2.9mg (0.97%), Sodium: 102.32mg (4.45%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.72g (3.44%), Vitamin E: 1.24mg (8.26%), Manganese: 0.1mg (4.99%), Vitamin B2: 0.08mg (4.9%), Selenium: 3.38µg (4.83%), Folate: 17.41µg (4.35%), Vitamin B1: 0.06mg (4.1%), Calcium: 37.36mg (3.74%), Phosphorus: 35.26mg (3.53%), Iron: 0.47mg (2.59%), Magnesium: 10.17mg (2.54%), Vitamin B3: 0.5mg (2.51%), Copper: 0.04mg (1.95%), Fiber: 0.47g (1.89%), Vitamin K: 1.78µg (1.69%), Potassium: 38.13mg (1.09%), Zinc: 0.16mg (1.09%)