



Mini King Cupcakes

READY IN



15 min.

SERVINGS



100

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cake flour
- ☐ 0.5 ounce yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 3 egg yolks
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon divided
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 teaspoons juice of lemon fresh divided
- ☐ 0.5 teaspoon lemon zest

- ☐ 0.5 cup warm milk whole (110°)
- ☐ 1 cup powdered sugar
- ☐ 100 servings purple green yellow
- ☐ 0.3 cup sugar divided
- ☐ 0.5 cup butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 tablespoons water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ kitchen towels
- ☐ muffin tray

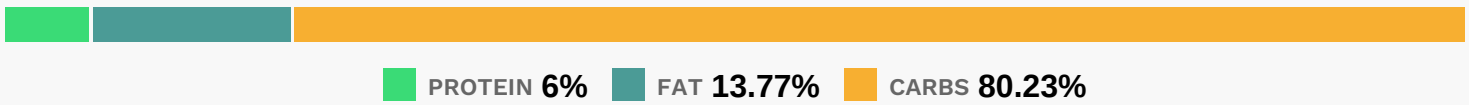
Directions

- ☐ Combine milk, yeast, and 1/4 cup sugar in a bowl. Stir well, and set in a warm place for about 10 minutes. In another bowl, combine butter and next 3 ingredients; stir in 2 teaspoons lemon juice.
- ☐ Combine flours, 2 teaspoons cinnamon, and kosher salt in a large mixing bowl.
- ☐ Add milk mixture and butter mixture, and beat, adding 1 to 2 tablespoons flour if dough is too sticky, until dough is smooth and forms a shaggy mass. (It should remain soft.)
- ☐ Place dough in a well-greased bowl, turning to grease top. Cover with a kitchen towel, and let rise in a warm place (85), free from drafts, about 1 hour.
- ☐ Punch dough down, and place on a lightly floured surface.
- ☐ Roll dough into a 12- x 8-inch rectangle.
- ☐ Combine remaining 1 teaspoon cinnamon and 4 teaspoons sugar, and sprinkle evenly over dough.

- ☐
- Roll dough into a log, and cut into 12 equal pieces.

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Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:7.66, Inflammation Score:-5, Nutrition Score:4.4691304214623%

Flavonoids

Cyanidin: 8.5mg, Cyanidin: 8.5mg, Cyanidin: 8.5mg, Cyanidin: 8.5mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 97.85kcal (4.89%), Fat: 1.62g (2.49%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 18.92g (6.88%), Sugar: 16.9g (18.78%), Cholesterol: 10.28mg (3.43%), Sodium: 7.55mg (0.33%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 1.59g (3.17%), Vitamin C: 14.42mg (17.48%), Vitamin A: 562.04IU (11.24%), Vitamin K: 9.79µg (9.32%), Fiber: 2.26g (9.05%), Potassium: 245.02mg (7%), Manganese: 0.11mg (5.57%), Vitamin B1: 0.08mg (5%), Copper: 0.09mg (4.6%), Vitamin B3: 0.81mg (4.04%), Folate: 15.6µg (3.9%), Vitamin B2: 0.06mg (3.66%), Phosphorus: 32.36mg (3.24%), Vitamin E: 0.44mg (2.96%), Magnesium: 11.53mg (2.88%), Vitamin B5: 0.26mg (2.64%), Vitamin B6: 0.05mg (2.54%), Iron: 0.38mg (2.13%), Selenium: 1.4µg (2%), Zinc: 0.21mg (1.38%), Calcium: 13.08mg (1.31%)