



## Mini Orange Creamsicle Cupcakes

 Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



8466 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 2 cups cake flour all-purpose
- 2 large eggs
- 0.8 cup heavy whipping cream whole
- 1 serving garnish: candy sprinkles
- 0.3 teaspoon orange food coloring gel

- 0.5 cup orange juice
- 1 tablespoon orange zest
- 60 paper baking cups miniature
- 0.3 teaspoon salt
- 0.8 cup sugar
- 2 teaspoons vanilla extract

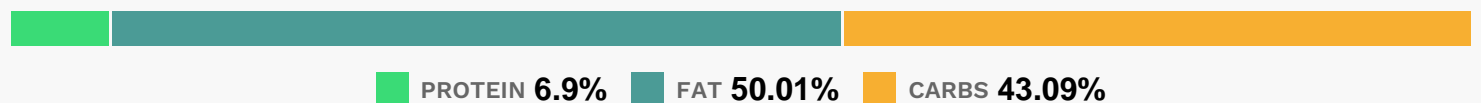
## Equipment

- bowl
- oven
- hand mixer
- toothpicks

## Directions

- Preheat oven to 35
- Place baking cups in 5 (12-cup) mini muffin pans (or bake in batches).
- Beat butter and sugar at medium speed with an electric mixer in a large bowl; beat in eggs, 1 at a time.
- Combine cream and next 4 ingredients in a medium bowl.
- Combine flour and next 3 ingredients in a large bowl; add to butter mixture, alternating with cream, beginning and ending with flour. Spoon batter into prepared muffin pans, filling cups 2/3 full.
- Bake 10 to 15 minutes or until a toothpick inserted in center comes out clean.
- Transfer to wire racks; cool completely. Top with Cream Cheese Frosting; garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:339.09, Glycemic Load:250.36, Inflammation Score:-10, Nutrition Score:83.850000298542%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 8466.28kcal (423.31%), Fat: 483.8g (744.3%), Saturated Fat: 214.25g (1339.08%), Carbohydrates: 937.89g (312.63%), Net Carbohydrates: 893.12g (324.77%), Sugar: 658.27g (731.42%), Cholesterol: 881.18mg (293.73%), Sodium: 6132.81mg (266.64%), Alcohol: 2.75g (100%), Alcohol %: 0.18% (100%), Caffeine: 71.4mg (23.8%), Protein: 150.18g (300.36%), Vitamin B3: 61.38mg (306.89%), Folate: 1064.04µg (266.01%), Vitamin B1: 3.8mg (253.04%), Phosphorus: 2351.43mg (235.14%), Selenium: 137.32µg (196.17%), Vitamin B2: 3.27mg (192.17%), Magnesium: 731.18mg (182.8%), Fiber: 44.77g (179.07%), Iron: 26.9mg (149.47%), Copper: 2.98mg (148.84%), Vitamin A: 6878.32IU (137.57%), Calcium: 1312.63mg (131.26%), Potassium: 4377.4mg (125.07%), Zinc: 16.73mg (111.53%), Vitamin B5: 9.8mg (98%), Vitamin C: 74.38mg (90.16%), Manganese: 1.78mg (88.92%), Vitamin B6: 1.43mg (71.41%), Vitamin B12: 4.02µg (67.01%), Vitamin E: 7.07mg (47.13%), Vitamin K: 35.23µg (33.55%), Vitamin D: 4.86µg (32.37%)