



Mini Vanilla Bean Yellow Cupcakes with Creamy Chocolate Frosting

READY IN



45 min.

SERVINGS



90

CALORIES



97 kcal

DESSERT

Ingredients

- 1.3 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup buttermilk at room temperature
- 2.5 cups cake flour
- 1.8 cups cane sugar pure
- 1 cup confectioners' sugar
- 0.5 cup plus light
- 0.8 cup dutch-processed cocoa

- 3 large egg whites room temperature
- 6 large egg yolks room temperature
- 1 teaspoon espresso powder
- 0.5 teaspoon sea salt fine
- 1 pinch sea salt fine
- 7 ounces bittersweet chocolate cooled melted
- 5 ounces butter unsalted cooled melted
- 10 ounces butter unsalted at room temperature
- 1 vanilla pod split
- 0.5 teaspoon vanilla extract
- 2 teaspoons vanilla extract
- 3 tablespoons vegetable oil

Equipment

- food processor
- bowl
- oven
- whisk
- mixing bowl
- blender
- stand mixer
- spatula
- muffin liners
- muffin tray

Directions

- Watch how to make this recipe.
- Adjust the oven rack to the middle position and preheat the oven to 350 F. Fill mini-muffin tins with cupcake liners and spray the liners with baking spray.

- Whisk the flour, baking powder, baking soda, salt and 1 1/2 cups cane sugar together in a large bowl.
- Whisk together the melted butter, buttermilk, oil, vanilla extract, vanilla seeds and egg yolks in a medium bowl.
- In a clean bowl of a stand mixer fitted with the whisk attachment, beat the egg whites at medium-high speed until foamy, about 30 seconds. With the machine running, gradually add the remaining 1/4 cup sugar. Continue to beat until stiff peaks just form, 30 to 60 seconds.
- Transfer to a separate bowl and set aside. Wash the bowl and dry.
- Add the flour mixture to the now-empty mixing bowl. With the mixer running at low speed with the whisk attachment, gradually pour in the butter mixture and mix until almost incorporated (a few streaks of dry flour will remain), about 15 seconds. Stop the mixer and scrape the whisk and sides of the bowl. Return the mixer to medium-low speed and beat until smooth and fully incorporated, 10 to 15 seconds.
- Using a rubber spatula, stir one-third of the whites into the batter to lighten. Then add the remaining whites and gently fold into the batter until no white streaks remain.
- Fill the mini-muffin tin liners three-quarters full and bake until just firm, 8 to 12 minutes.
- Let cool, and then frost with Creamy Chocolate Frosting.
- Add the butter, sugar, cocoa and salt to a food processor. Process until smooth, scraping the sides of the bowl once or twice, about 30 seconds.
- Add the corn syrup, vanilla and espresso powder and process just until combined, about 10 seconds. Scrape the sides of the bowl one more time, and then drizzle in the chocolate. Pulse until the frosting is creamy, about 15 seconds.

Nutrition Facts

PROTEIN 4.49% **FAT 51.46%** **CARBS 44.05%**

Properties

Glycemic Index:3.1, Glycemic Load:4.68, Inflammation Score:-1, Nutrition Score:1.5200000055458%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 96.73kcal (4.84%), Fat: 5.7g (8.77%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 10.46g (3.8%), Sugar: 7.63g (8.48%), Cholesterol: 22.82mg (7.61%), Sodium: 29.66mg (1.29%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Caffeine: 3.89mg (1.3%), Protein: 1.12g (2.24%), Manganese: 0.09mg (4.3%), Selenium: 2.71µg (3.88%), Copper: 0.06mg (3.2%), Vitamin A: 139.99IU (2.8%), Phosphorus: 23.6mg (2.36%), Magnesium: 8.95mg (2.24%), Fiber: 0.52g (2.1%), Iron: 0.31mg (1.74%), Vitamin E: 0.21mg (1.37%), Vitamin B2: 0.02mg (1.35%), Vitamin K: 1.37µg (1.3%), Zinc: 0.19mg (1.24%), Calcium: 12.14mg (1.21%), Vitamin D: 0.17µg (1.11%), Potassium: 35.33mg (1.01%)