



Mini Vanilla Cupcakes

 Vegetarian

READY IN



20 min.

SERVINGS



18

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 2 large eggs free range
- ☐ 300 g icing sugar (confectioners' sugar)
- ☐ 1 tbsp milk
- ☐ 3 tbsp orange juice freshly squeezed
- ☐ 125 g self-raising flour
- ☐ 125 g caster sugar
- ☐ 150 g butter unsalted soft
- ☐ 1 tsp vanilla extract

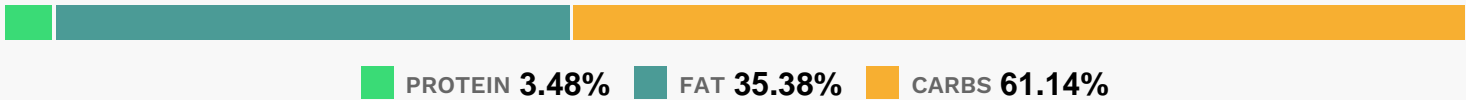
Equipment

- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ skewers

Directions

- ☐ Add your butter and sugar to a stand mixer and mix until pale and fluffy. (You can do this by hand or use an electric hand whisk)
- ☐ Add the vanilla, milk, eggs and flour and mix until combined. Do not overmix as this will result in a heavy cupcake.
- ☐ Spoon some of your cake mix into each of the wells until they are about two thirds full.
- ☐ Bake for 8-12 minutes until a skewer inserted into one of the cakes comes out clean.
- ☐ Slide out of the wells and leave to cool on a rack before icing.notes: If you are baking these cupcakes in an oven. Spoon the mixture into cases and bake at 325f/160c/140c fan/gas 3 for about 16 minutes. Do the skewer test with these too.I have given the time for one batch of cupcakes using the cupcake maker.
- ☐ Whizz the butter in a stand mixer (you can also use a whisk or an electric hand whisk) until really soft.
- ☐ While the butter is whizzing gradually add the icing suagr, orange juice and peel. Whizz until smooth.
- ☐ Pipe onto your cupcakes preferably using a disposable piping bag (less washing up) and a large nozzle (gives a more professional finish).
- ☐ Top with a wee chocolate decoration or any other decoration you prefer.

Nutrition Facts



Properties

Glycemic Index:12.62, Glycemic Load:8.28, Inflammation Score:-1, Nutrition Score:1.5921738925187%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 186.78kcal (9.34%), Fat: 7.46g (11.47%), Saturated Fat: 4.49g (28.05%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 28.82g (10.48%), Sugar: 23.59g (26.21%), Cholesterol: 38.68mg (12.89%), Sodium: 9.71mg (0.42%), Alcohol: 0.08g (100%), Alcohol %: 0.21% (100%), Protein: 1.65g (3.3%), Selenium: 4.71µg (6.72%), Vitamin A: 245.41IU (4.91%), Manganese: 0.06mg (2.94%), Vitamin B2: 0.04mg (2.3%), Phosphorus: 21.07mg (2.11%), Vitamin E: 0.28mg (1.87%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.25µg (1.64%), Folate: 6µg (1.5%), Vitamin B5: 0.13mg (1.33%), Vitamin B12: 0.07µg (1.14%), Copper: 0.02mg (1.05%)