

Mojito Cupcakes

 Popular

READY IN



240 min.

SERVINGS



24

CALORIES



244 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1 cup seltzer water
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup rum extract
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 2 teaspoons lime zest grated
- ☐ 3 egg whites
- ☐ 0.5 cup granulated sugar

- ☐ 0.3 cup butter
- ☐ 0.3 cup rum extract
- ☐ 3 cups whipping cream

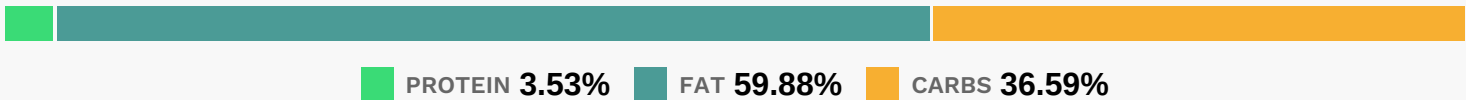
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cupcake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 23 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes. In 1-quart saucepan, mix syrup ingredients.
- ☐ Heat to boiling over high heat, stirring frequently. Reduce heat to medium; continue to boil 4 minutes, stirring frequently, until slightly thickened.
- ☐ Cut a small circle out of the center of each warm cupcake; reserve removed pieces. Slowly pour about 1 teaspoon of syrup into each cupcake hole; replace cake circle.
- ☐ Brush top of each cupcake with remaining syrup. Cool completely in pans, Cover; refrigerate at least 2 hours or overnight.
- ☐ Pipe or frost each cold cupcake with whipped cream.
- ☐ Garnish each with fresh mint leaf and quartered lime slice. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:2.91, Inflammation Score:-4, Nutrition Score:3.5134782791138%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 243.53kcal (12.18%), Fat: 16.49g (25.37%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 22.38g (8.14%), Sugar: 14.12g (15.69%), Cholesterol: 33.62mg (11.21%), Sodium: 188.15mg (8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin A: 548.54IU (10.97%), Phosphorus: 91.44mg (9.14%), Vitamin B2: 0.12mg (7.21%), Calcium: 69.89mg (6.99%), Vitamin K: 7.1µg (6.76%), Vitamin E: 0.78mg (5.22%), Selenium: 3.52µg (5.03%), Folate: 17.17µg (4.29%), Vitamin B1: 0.05mg (3.58%), Vitamin D: 0.48µg (3.17%), Vitamin B3: 0.55mg (2.74%), Iron: 0.49mg (2.72%), Manganese: 0.05mg (2.62%), Vitamin B5: 0.15mg (1.51%), Potassium: 52.73mg (1.51%), Magnesium: 5.54mg (1.39%), Zinc: 0.19mg (1.26%), Copper: 0.02mg (1.23%), Fiber: 0.29g (1.17%)