



Orange-Cardamom Cupcakes with Vanilla Frosting

READY IN



45 min.

SERVINGS



33

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 1 cup buttermilk
- ☐ 4.5 cups cake flour
- ☐ 9 large eggs
- ☐ 3.5 teaspoons ground cardamom
- ☐ 1.5 tablespoons orange peel grated
- ☐ 2 teaspoons orange-flower water
- ☐ 82.5 inch wide by

- ☐ 0.8 teaspoon salt
- ☐ 3.8 cups sugar
- ☐ 2.3 cups butter unsalted room temperature ()
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil

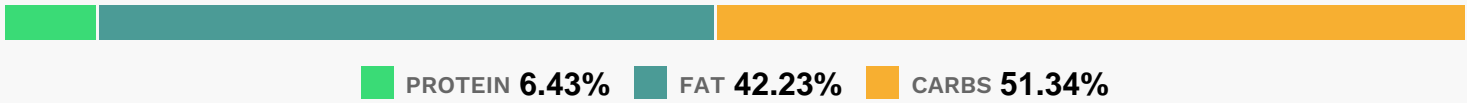
Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 325°F. Lightly spray insides of 33 paper molds with nonstick spray; arrange molds on 2 large rimmed baking sheets.
- ☐ Sift flour, ground cardamom, baking powder, and salt into large bowl.
- ☐ Whisk eggs, orange peel, vanilla, and orange-flower water in bowl to blend. Using electric mixer, beat butter in another large bowl until fluffy. Gradually add sugar, beating until well blended. Beat in egg mixture in 3 additions. Beat in dry ingredients in 4 additions alternately with buttermilk, scraping bowl occasionally.
- ☐ Spoon 1/3 cup batter into each paper mold.
- ☐ Bake cupcakes until puffed and tester inserted into center comes out clean, reversing sheets after 12 minutes, about 25 minutes total (cupcakes may not brown on top).
- ☐ Transfer cupcakes to racks; cool completely.
- ☐ Frost orange cupcakes with vanilla frosting. (Can be made ahead. Arrange cupcakes in deep disposable roasting pans. Cover pans with foil. Refrigerate up to 2 days, or store at room temperature 1 day. Bring chilled cupcakes to room temperature before serving.)
- ☐ Decorate cupcakes with mini roses up to 4 hours before serving.

☐

*A flavoring extract sold at liquor stores and in the liquor section or specialty foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:9.37, Glycemic Load:25.96, Inflammation Score:-3, Nutrition Score:4.7086956811988%

Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 14.74g (22.68%), Saturated Fat: 8.63g (53.96%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 39.62g (14.41%), Sugar: 23.32g (25.91%), Cholesterol: 90.14mg (30.05%), Sodium: 112.45mg (4.89%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 5.05g (10.1%), Selenium: 16.52µg (23.6%), Manganese: 0.26mg (12.77%), Vitamin A: 477.84IU (9.56%), Phosphorus: 75.17mg (7.52%), Vitamin B2: 0.1mg (5.96%), Calcium: 42.07mg (4.21%), Vitamin D: 0.62µg (4.12%), Vitamin E: 0.6mg (4%), Vitamin B5: 0.39mg (3.88%), Folate: 14.79µg (3.7%), Zinc: 0.5mg (3.36%), Copper: 0.07mg (3.35%), Vitamin B12: 0.2µg (3.33%), Iron: 0.59mg (3.29%), Fiber: 0.71g (2.83%), Magnesium: 11.29mg (2.82%), Vitamin B6: 0.05mg (2.37%), Vitamin B1: 0.03mg (2.32%), Potassium: 68.95mg (1.97%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.23µg (1.17%)