



Orange-Glazed Strawberry Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 1 cup confectioners' sugar
- ☐ 1 large egg plus egg white
- ☐ 1.7 cups flour all-purpose
- ☐ 0.5 cup orange juice
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup strawberries fresh finely chopped
- ☐ 0.7 cup sugar

☐ 8 tablespoons butter unsalted softened (1 stick)

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ wire rack

☐ blender

☐ toothpicks

☐ muffin liners

☐ muffin tray

Directions

☐ Make cupcakes: Preheat oven to 375F. Line a 12-cup muffin pan with paper liners. In a bowl, stir together flour, baking powder and salt.

☐ Cream butter and sugar with a mixer on high speed until light and fluffy. Beat in egg and egg white until well combined. With mixer on low, beat in half of flour mixture. Beat in 6 Tbsp. orange juice, then add remaining flour mixture and beat until combined, scraping down sides of bowl as needed. Gently fold in chopped strawberries.

☐ Spoon batter into prepared muffin cups, filling each until almost full.

☐ Bake until a toothpick inserted into center comes out clean, 20 to 22 minutes.

☐ Let cool in pan on a wire rack for at least 5 minutes.

☐ Make glaze: In a small bowl, stir together confectioners' sugar and remaining 2 Tbsp. orange juice until smooth. If glaze is too thick, stir in additional juice, making sure to add only 1 tsp. at a time, until you reach desired consistency. Glaze should be loose enough to spread easily on cupcakes, but not so thin that it drips.

☐ Remove cupcakes from pan and top evenly with glaze.

☐ Let cool completely on rack, about 1 hour.

☐ Garnish each cupcake with a strawberry half, if desired.

Nutrition Facts



 PROTEIN **4.09%**  FAT **31.5%**  CARBS **64.41%**

Properties

Glycemic Index:27.42, Glycemic Load:18.13, Inflammation Score:-3, Nutrition Score:3.8717391776002%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 220.01kcal (11%), Fat: 7.82g (12.03%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 35.36g (12.86%), Sugar: 22.1g (24.56%), Cholesterol: 20.07mg (6.69%), Sodium: 99.03mg (4.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin C: 8.69mg (10.54%), Vitamin B1: 0.15mg (9.84%), Selenium: 6.69µg (9.56%), Folate: 36.7µg (9.18%), Manganese: 0.14mg (7.24%), Vitamin B2: 0.11mg (6.44%), Vitamin B3: 1.1mg (5.48%), Vitamin A: 254.63IU (5.09%), Iron: 0.91mg (5.07%), Phosphorus: 33.73mg (3.37%), Calcium: 31.86mg (3.19%), Fiber: 0.61g (2.44%), Copper: 0.04mg (1.81%), Vitamin E: 0.25mg (1.66%), Potassium: 55.66mg (1.59%), Magnesium: 6.34mg (1.58%), Vitamin B5: 0.12mg (1.19%)