



Orange Liqueur Cupcakes

 Vegetarian

READY IN



95 min.

SERVINGS



30

CALORIES



416 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2.5 teaspoons baking soda
- ☐ 1 pound butter (4 sticks)
- ☐ 16 tablespoons butter (2 sticks)
- ☐ 2.5 cups buttermilk
- ☐ 1.5 cups cocoa powder
- ☐ 3 eggs
- ☐ 3.8 cups flour all-purpose

- ☐ 2 tablespoons heavy cream
- ☐ 0.3 cup honey
- ☐ 1 teaspoon orange extract
- ☐ 1.5 teaspoons orange extract
- ☐ 2 tablespoons orange liqueur (recommended: Grand Marnier)
- ☐ 2 orange zest
- ☐ 1.5 pounds powdered sugar divided
- ☐ 1 pinch salt
- ☐ 2.5 cups sugar

Equipment

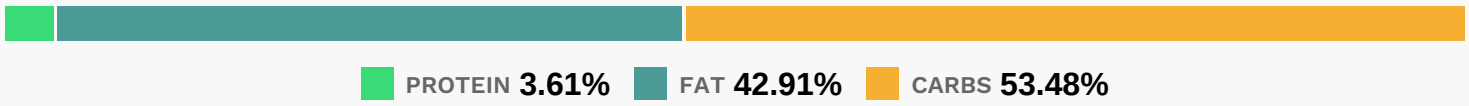
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ stand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ For the cupcakes: Preheat the oven to 350 degrees F. Line muffin tins with cupcake liners.
- ☐ In a stand mixer with the paddle attachment, cream together the butter and sugar. In a separate bowl, whisk together the buttermilk, extract and eggs. In another bowl, sift the flour, baking powder and baking soda.
- ☐ Add the orange liqueur and orange zest.
- ☐ Alternate the egg mixture and flour mixture into the butter and sugar until well combined. Make sure to scrape down the sides of the bowl and mix well. Spoon the mixture into the prepared muffin tins.
- ☐ Bake until a toothpick inserted into the center of the cupcakes comes out clean, about 35 minutes.

- ☐
- Let cool completely before frosting. While the cupcakes are baking, make the frosting.
- ☐
- For the frosting: Beat the butter, honey, orange extract and salt until smooth. Then slowly add the powdered sugar, 1 cup at a time, the cocoa powder, heavy cream and orange liqueur.
- ☐
- Refrigerate the frosting until the cupcakes are cooled, about 30 minutes. Frost each cupcake and serve.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:21.87, Inflammation Score:-5, Nutrition Score:6.2547826818798%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 415.73kcal (20.79%), Fat: 20.56g (31.63%), Saturated Fat: 12.73g (79.56%), Carbohydrates: 57.64g (19.21%), Net Carbohydrates: 55.54g (20.19%), Sugar: 42.61g (47.34%), Cholesterol: 68.26mg (22.75%), Sodium: 302.63mg (13.16%), Alcohol: 0.26g (100%), Alcohol %: 0.29% (100%), Caffeine: 10.15mg (3.38%), Protein: 3.9g (7.79%), Manganese: 0.28mg (13.88%), Vitamin A: 639.25IU (12.79%), Selenium: 8.53µg (12.18%), Copper: 0.2mg (9.93%), Vitamin B2: 0.16mg (9.47%), Vitamin B1: 0.14mg (9.3%), Phosphorus: 87.79mg (8.78%), Folate: 34.05µg (8.51%), Fiber: 2.1g (8.42%), Iron: 1.49mg (8.27%), Magnesium: 28.3mg (7.07%), Calcium: 60.84mg (6.08%), Vitamin B3: 1.06mg (5.3%), Vitamin E: 0.61mg (4.06%), Zinc: 0.57mg (3.8%), Potassium: 125.84mg (3.6%), Vitamin B12: 0.17µg (2.85%), Vitamin B5: 0.26mg (2.56%), Vitamin D: 0.36µg (2.43%), Vitamin K: 1.84µg (1.75%), Vitamin B6: 0.03mg (1.49%), Vitamin C: 1.11mg (1.34%)