



Over the Moon White Ale Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



268 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 1.3 cups light-bodied wheat beer belgian-style
- 0.3 cup vegetable oil
- 2 egg whites
- 1 eggs whole
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground ginger
- 1 teaspoon orange zest grated
- 6 cups powdered sugar

- 0.5 cup butter softened
- 1 teaspoon orange zest grated
- 0.3 cup light-bodied wheat beer belgian-style
- 1 tablespoon orange juice
- 1 serving lime wedges

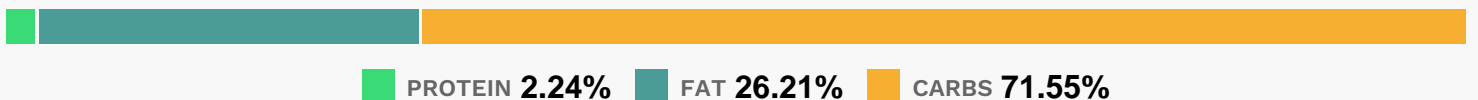
Equipment

- bowl
- oven
- wire rack
- 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.
- Make cake batter as directed on box, using cake mix, 1 1/4 cups beer, the oil, egg whites and egg, coriander and ginger. Stir in 1 teaspoon orange peel. Divide batter evenly among muffin cups (about two-thirds full).
- Bake 18 to 23 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- In large bowl, beat frosting ingredients with electric mixer on medium speed until smooth and creamy. Frost cupcakes. Just before serving, garnish each with orange wedge. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:2.5778260820586%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 268.4kcal (13.42%), Fat: 7.84g (12.07%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 48.17g (16.06%), Net Carbohydrates: 47.9g (17.42%), Sugar: 38.49g (42.77%), Cholesterol: 16.99mg (5.66%), Sodium: 187.66mg (8.16%), Alcohol: 0.58g (100%), Alcohol %: 0.92% (100%), Protein: 1.51g (3.02%), Phosphorus: 80.08mg (8.01%), Vitamin K: 6.49µg (6.18%), Calcium: 50.93mg (5.09%), Selenium: 3.25µg (4.64%), Vitamin B2: 0.08mg (4.56%), Folate: 17.34µg (4.33%), Vitamin E: 0.56mg (3.77%), Vitamin B1: 0.05mg (3.3%), Vitamin B3: 0.6mg (3.01%), Manganese: 0.05mg (2.74%), Iron: 0.49mg (2.71%), Vitamin A: 130.23IU (2.6%), Copper: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.1%), Fiber: 0.27g (1.08%), Magnesium: 4.07mg (1.02%)