



## Over the Moon White Ale Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



311 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 egg whites
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground ginger
- ☐ 24 servings cranberry-orange relish
- ☐ 1 tablespoon orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 6 cups powdered sugar
- ☐ 0.3 cup vegetable oil

- ☐ 0.3 cup light-bodied wheat beer belgian-style
- ☐ 1.3 cups light-bodied wheat beer belgian-style
- ☐ 1 box cake mix white
- ☐ 1 eggs whole

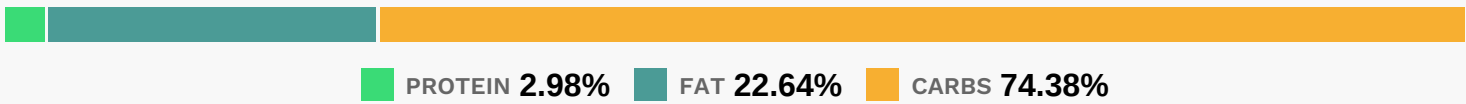
## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Heat oven to 350F (325F 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:9.4, Glycemic Load:3.85, Inflammation Score:-5, Nutrition Score:7.2878261590781%

## 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: 24.61mg, Hesperetin: 24.61mg, Hesperetin: 24.61mg, Hesperetin: 24.61mg Naringenin: 13.8mg, Naringenin: 13.8mg, Naringenin: 13.8mg, Naringenin: 13.8mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 7.95g (12.23%), Saturated Fat: 3.38g (21.16%), Carbohydrates: 58.76g (19.59%), Net Carbohydrates: 56.34g (20.49%), Sugar: 46.91g (52.12%), Cholesterol: 16.99mg (5.66%), Sodium: 187.66mg (8.16%), Alcohol: 0.58g (100%), Alcohol %: 0.43% (100%), Protein: 2.36g (4.71%), Vitamin C: 48.35mg (58.61%), Folate: 44.31µg (11.08%), Fiber: 2.42g (9.68%), Phosphorus: 92.66mg (9.27%), Calcium: 86.79mg (8.68%), Vitamin B1: 0.13mg (8.51%), Vitamin B2: 0.11mg (6.68%), Vitamin A: 332.35IU (6.65%), Vitamin K: 6.49µg (6.18%), Potassium: 190.71mg (5.45%), Selenium: 3.7µg (5.29%), Vitamin E: 0.73mg (4.84%), Vitamin B3: 0.86mg (4.28%), Manganese: 0.08mg (3.86%), Vitamin B6: 0.07mg (3.54%), Vitamin B5: 0.33mg (3.34%), Magnesium: 13.05mg (3.26%), Iron: 0.58mg (3.2%), Copper: 0.06mg (3.17%), Zinc: 0.2mg (1.32%)