



Peaches n' Cream Cupcakes

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



457 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 4 tablespoons butter at room temperature
- 0.8 cup buttermilk
- 0.5 cup confectioners' sugar
- 1 tablespoon cornstarch
- 1 large eggs
- 1.3 cups flour all-purpose

- 1.3 cups heavy cream
- 1 pound mascarpone cheese
- 0.3 cup peach puree
- 0.5 teaspoon peach extract
- 2 cups peaches fresh pureed
- 0.3 teaspoon salt
- 1 cup sugar
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

Equipment

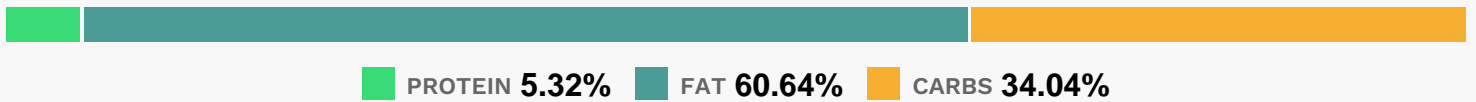
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- hand mixer
- stove
- ice cream scoop
- muffin liners
- muffin tray

Directions

- For the cupcakes: Preheat the oven to 350 degrees F.
- Place 12 liners in a cupcake pan.
- In a medium bowl, whisk together the flour, baking powder, baking soda and salt. In a large bowl, beat the sugar and butter together using an electric mixer until it looks creamy. Beat in the egg, vanilla extract and peach extract until the mixture is smooth.

- Add half of the flour mixture to the butter mixture and stir until almost combined.
- Add the buttermilk and peach puree and stir again until almost combined.
- Add the rest of the flour and stir until all the ingredients are mixed in.
- Fill the cupcake liners with batter using a large ice cream scoop.
- Bake for 18 to 20 minutes. Cool for 10 minutes before removing from the pans.
- Place on a wire rack and cool completely.
- Place small saucepan on the stovetop and put on medium heat.
- Put the peaches and sugar in and bring to slight boil. In a separate small bowl, mix the cornstarch and 1 tablespoon water until no lumps.
- Add the cornstarch mixture to the pan and keep on medium-low heat for about 1 minute. Cool completely before use.

Nutrition Facts



Properties

Glycemic Index:42.41, Glycemic Load:21.28, Inflammation Score:-6, Nutrition Score:5.5199999550115%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 456.93kcal (22.85%), Fat: 30.91g (47.55%), Saturated Fat: 19.13g (119.54%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 38.23g (13.9%), Sugar: 26.51g (29.46%), Cholesterol: 93mg (31%), Sodium: 195.3mg (8.49%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 6.1g (12.19%), Vitamin A: 1152.3IU (23.05%), Selenium: 8.1µg (11.57%), Calcium: 103.33mg (10.33%), Vitamin B2: 0.18mg (10.31%), Vitamin B1: 0.13mg (8.66%), Folate: 31µg (7.75%), Phosphorus: 61.66mg (6.17%), Manganese: 0.12mg (5.83%), Vitamin B3: 1.09mg (5.45%), Iron: 0.88mg (4.89%), Vitamin D: 0.68µg (4.5%), Vitamin E: 0.61mg (4.07%), Fiber: 0.82g (3.27%), Vitamin B5: 0.29mg (2.95%), Potassium: 102.02mg (2.91%), Copper: 0.05mg (2.72%), Vitamin B12: 0.15µg (2.56%), Magnesium: 9.32mg (2.33%), Zinc: 0.34mg (2.28%), Vitamin K: 2.09µg (1.99%), Vitamin B6: 0.03mg (1.74%), Vitamin C: 1.34mg (1.63%)