

Pomegranate Lemonade Cupcake

 **Gluten Free**  **Dairy Free**

READY IN

ready

75 min.

SERVINGS

servings

12

CALORIES

calories

867 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup canola oil
- ☐ 1.5 cups flour mix gluten-free
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 2 tablespoons lemon zest

- ☐ 2 teaspoons lemon zest
- ☐ 1 tablespoon pomegranate powder
- ☐ 4 ounces nondairy margarine
- ☐ 8 ounces nondairy margarine
- ☐ 2 tablespoons pomegranate concentrate
- ☐ 0.3 cup pomegranate juice
- ☐ 4 cups powdered sugar
- ☐ 8 cups powdered sugar
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 cup soy milk
- ☐ 0.5 cup soy milk
- ☐ 12 servings sanding sugar for garnish
- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 teaspoon xanthan gum

Equipment

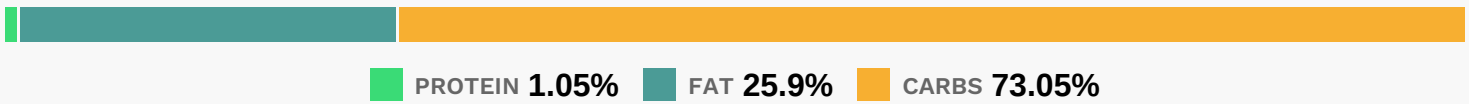
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry bag

Directions

- ☐ For the cupcakes: Preheat the oven to 350 degrees F. Line a standard cupcake or muffin pan with 12 cupcake liners.
- ☐ In medium bowl, whisk together with an electric mixer or hand whisk the flour mix, granulated sugar, baking soda, salt and xanthan gum until integrated.

- ☐ Add in the lemon juice, soy milk, oil, lemon zest and vanilla, and mix until smooth.
- ☐ Fill the cupcake liners three-quarters-full with batter.
- ☐ Bake until baked through, 13 to 15 minutes. Cool the cupcakes completely.
- ☐ To assemble: Pipe the Pomegranate Filling into the center of each cupcake, about 1 tablespoon each. Generously frost each of the cupcakes with Lemon Frosting.
- ☐ Garnish with sanding sugar.
- ☐ Mix the powdered sugar, nondairy margarine, juice, concentrate, powder and zest with an electric mixer until light and fluffy. Fill a pastry bag with the filling and cut 1/4-inch off the tip.
- ☐ Mix the powdered sugar, nondairy margarine, lemon juice, soy milk, vanilla and zest with an electric mixer until light and fluffy. Fill a pastry bag with the filling and cut 1/2-inch off the tip.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:20.66, Inflammation Score:-6, Nutrition Score:4.2739129921664%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 867.05kcal (43.35%), Fat: 25.67g (39.49%), Saturated Fat: 4.92g (30.72%), Carbohydrates: 162.89g (54.3%), Net Carbohydrates: 160.9g (58.51%), Sugar: 148.42g (164.92%), Cholesterol: 0mg (0%), Sodium: 575.98mg (25.04%), Alcohol: 0.37g (100%), Alcohol %: 0.19% (100%), Protein: 2.34g (4.69%), Vitamin A: 1073.65IU (21.47%), Vitamin C: 9.1mg (11.04%), Vitamin E: 1.64mg (10.92%), Calcium: 103.21mg (10.32%), Fiber: 1.99g (7.95%), Iron: 0.85mg (4.73%), Vitamin B2: 0.07mg (4.39%), Phosphorus: 31.68mg (3.17%), Vitamin B12: 0.19µg (3.13%), Vitamin B3: 0.54mg (2.68%), Folate: 10.42µg (2.6%), Vitamin B6: 0.05mg (2.53%), Vitamin K: 2.27µg (2.17%), Potassium: 72.79mg (2.08%), Copper: 0.04mg (1.91%), Selenium: 1.29µg (1.84%), Vitamin B1: 0.02mg (1.27%), Vitamin D: 0.18µg (1.18%)