



Raspberry Cream Cupcakes

READY IN



75 min.

SERVINGS



18

CALORIES



196 kcal

DESSERT

Ingredients

- 2 teaspoons almond extract
- 3 large eggs whites
- 1 cup heavy whipping cream
- 0.3 cup powdered sugar for dusting
- 12 ounce raspberries fresh coarsely chopped cut in half or 1 (16-ounce) container strawberries,
- 2 tablespoons butter unsalted melted
- 2 teaspoons vanilla extract
- 1.3 cups water

- 18.3 ounce duncan hines classic decadent cake mix white (recommended: Duncan Hines Moist Deluxe)

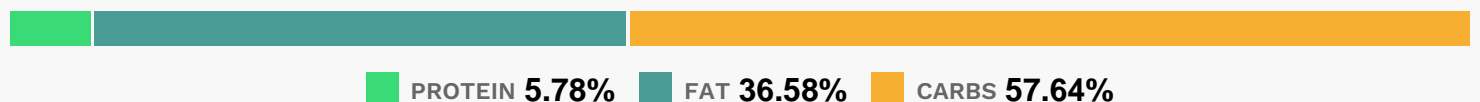
Equipment

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

Directions

- Watch how to make this recipe.
- Line 18 muffin cups with muffin papers. Preheat the oven to 350 degrees F.
- Using an electric mixer, beat the cake mix, water, egg whites, melted butter, almond extract, and vanilla extract in a large bowl for 2 minutes, or until the batter is well blended. Using about 1/3 cup of batter for each cupcake, spoon the batter into the prepared muffin cups.
- Bake the cupcakes until they are very pale golden on top, about 15 minutes. Cool the cupcakes completely on a cooling rack.
- Using a fork, coarsely mash 1 1/2 containers of raspberries in a medium bowl. Beat the cream and 1/3 cup of powdered sugar in a large bowl until firm peaks form. Fold the mashed raspberries into the whipped cream.
- Remove the muffin papers from the cupcakes and cut the tops off of each cupcake. Spoon the raspberry whipped cream atop the cupcake bottoms.
- Place the cupcake tops on the cupcakes. Dust with more powdered sugar and serve with the remaining berries.

Nutrition Facts



Properties

Glycemic Index:1.44, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:4.8191304103188%

Flavonoids

Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 195.98kcal (9.8%), Fat: 8.01g (12.33%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 26.85g (9.76%), Sugar: 15.63g (17.37%), Cholesterol: 49.29mg (16.43%), Sodium: 215.96mg (9.39%), Alcohol: 0.31g (100%), Alcohol %: 0.42% (100%), Protein: 2.85g (5.7%), Phosphorus: 126.94mg (12.69%), Manganese: 0.19mg (9.51%), Calcium: 82.09mg (8.21%), Vitamin B2: 0.13mg (7.9%), Selenium: 5.49µg (7.85%), Folate: 28.58µg (7.15%), Fiber: 1.54g (6.18%), Vitamin C: 5.03mg (6.1%), Vitamin A: 284.48IU (5.69%), Vitamin B1: 0.07mg (4.97%), Iron: 0.85mg (4.74%), Vitamin E: 0.66mg (4.4%), Vitamin B3: 0.82mg (4.09%), Vitamin B5: 0.31mg (3.1%), Vitamin D: 0.4µg (2.68%), Vitamin K: 2.81µg (2.67%), Copper: 0.05mg (2.58%), Magnesium: 9.56mg (2.39%), Zinc: 0.36mg (2.37%), Potassium: 72.15mg (2.06%), Vitamin B6: 0.04mg (1.88%), Vitamin B12: 0.1µg (1.63%)