



Raspberry Cream Cupcakes

READY IN



45 min.

SERVINGS



20

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.3 cups cake flour
- ☐ 0.3 cup canola oil
- ☐ 2 batches lemon-cream cheese frosting
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup buttermilk low-fat
- ☐ 12 raspberries fresh for garnish

- ☐ 2 tablespoons raspberry jam
- ☐ 3 drops food coloring red
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract pure

Equipment

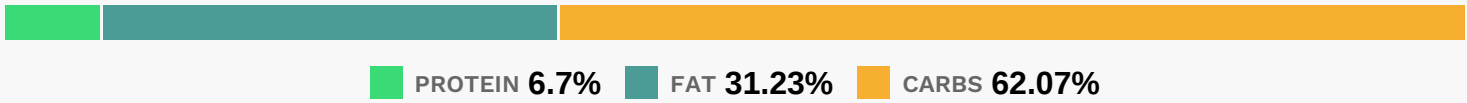
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray
- ☐ pastry bag

Directions

- ☐ Preheat oven to 35
- ☐ Place 12 muffin cup liners in muffin tin.
- ☐ Place flours in a medium bowl. Sift sugar, baking soda, and salt into bowl.
- ☐ Whisk butter and oil.
- ☐ Add buttermilk and next 3 ingredients (through vanilla), whisking until well-combined.
- ☐ Add dry ingredients to wet.
- ☐ Divide batter evenly among liners, and bake in middle of oven about 25 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes; transfer to a wire rack to cool.
- ☐ Mix food coloring into frosting.
- ☐ Transfer half to a separate bowl, and mix with raspberry jam. Pipe about 1 tablespoon of jam frosting into tops of cupcakes with a round-tipped pastry bag.
- ☐ Pipe remaining frosting onto cakes with a star-tipped pastry bag.

- ☐
- Garnish with a raspberry.
- ☐
- Skinny it up! Frosting (just make half!) but no filling makes these about 100 calories and 4g fat lighter.

Nutrition Facts



Properties

Glycemic Index:14.65, Glycemic Load:13.14, Inflammation Score:-1, Nutrition Score:2.032608738412%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 129.28kcal (6.46%), Fat: 4.52g (6.96%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 19.86g (7.22%), Sugar: 11.72g (13.02%), Cholesterol: 12.79mg (4.26%), Sodium: 95.49mg (4.15%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Protein: 2.18g (4.37%), Selenium: 5.62µg (8.02%), Manganese: 0.09mg (4.71%), Vitamin E: 0.6mg (4%), Vitamin B2: 0.06mg (3.64%), Phosphorus: 27.91mg (2.79%), Folate: 10.65µg (2.66%), Vitamin B1: 0.04mg (2.45%), Vitamin K: 2.24µg (2.13%), Calcium: 18.26mg (1.83%), Iron: 0.29mg (1.61%), Fiber: 0.37g (1.49%), Vitamin B3: 0.28mg (1.41%), Copper: 0.03mg (1.32%), Vitamin B5: 0.13mg (1.28%), Magnesium: 4.84mg (1.21%), Zinc: 0.18mg (1.2%), Potassium: 39.64mg (1.13%), Vitamin A: 54.68IU (1.09%)