



Raspberry Cupcakes with Dairy-Free Cream Cheese Frosting



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup canola oil
- ☐ 1 cup coconut milk beverage plain
- ☐ 16 ounce dairy-free cream cheese alternative
- ☐ 4 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 2 cups granulated sugar

- ☐ 1.5 cups powdered sugar sifted
- ☐ 2 cups raspberries fresh divided
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry bag

Directions

- ☐ Preheat your oven to 350°F, and line 24 muffin tins with cupcake liners. In a small bowl, whisk together the flour and baking powder. In a medium bowl, blend the sugar and eggs until thick, about 1 minute.
- ☐ Add the milk, canola oil, and vanilla, and mix until smooth. While mixing, slowly add the flour mixture to the wet ingredients until fully combined, scraping sides of bowl with spatula to get out all lumps.
- ☐ Remove the bowl from the mixer, and gently fold in 1 cup of the berries. Divide the batter between your muffin tins; they will be about two-thirds full.
- ☐ Bake the cupcakes for 20 minutes or until they spring back to the touch.
- ☐ Remove the cupcakes from the oven and let them cool completely while you prepare the frosting. For the frosting, place the cream cheese alternative in a medium bowl and mix it until smooth. Slowly add the sifted powdered sugar and vanilla until fully combined. Spoon the frosting into a pastry bag with medium round tip and pipe on top of cooled cupcakes. Top the cupcakes with the remaining 1 cup of berries.
- ☐ Serve immediately or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:10.96, Glycemic Load:19.05, Inflammation Score:-1, Nutrition Score:5.1969564945801%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 232.99kcal (11.65%), Fat: 6.57g (10.11%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 38.73g (14.08%), Sugar: 24.78g (27.53%), Cholesterol: 27.28mg (9.09%), Sodium: 235.44mg (10.24%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 3.05g (6.1%), Vitamin D: 5.06µg (33.76%), Selenium: 6.83µg (9.76%), Manganese: 0.16mg (7.96%), Folate: 30.36µg (7.59%), Vitamin B1: 0.11mg (7.22%), Fiber: 1.7g (6.82%), Vitamin B2: 0.11mg (6.26%), Iron: 1.1mg (6.09%), Calcium: 45.99mg (4.6%), Vitamin B3: 0.83mg (4.17%), Phosphorus: 38.8mg (3.88%), Vitamin C: 2.62mg (3.18%), Vitamin B12: 0.19µg (3.14%), Vitamin E: 0.42mg (2.78%), Vitamin B5: 0.2mg (2.02%), Magnesium: 7.69mg (1.92%), Vitamin K: 1.84µg (1.75%), Copper: 0.03mg (1.74%), Zinc: 0.25mg (1.7%), Vitamin B6: 0.02mg (1.19%), Potassium: 39.97mg (1.14%)