



Raspberry-Filled Lemon Cupcakes

 Dairy Free

READY IN



100 min.

SERVINGS



24

CALORIES



144 kcal

DESSERT

Ingredients

- 1 box vanilla cake donut holes french
- 2 tablespoons lemon zest grated (from 2 medium lemons)
- 6 oz raspberries fresh ()
- 12 oz fluffy frosting white
- 2 tablespoons lemon zest grated (from 2 medium lemons)
- 1 tablespoon juice of lemon fresh
- 1 serving lemon zest grated

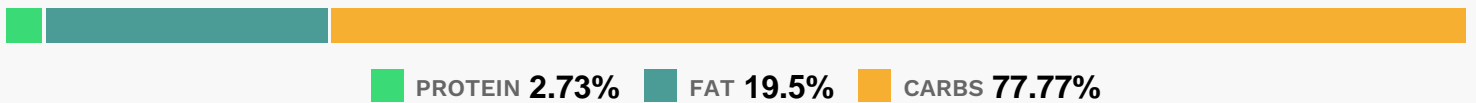
Equipment

- bowl
- oven
- whisk
- wire rack
- muffin liners

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups. Make and bake cake mix as directed on box for cupcakes, adding 2 tablespoons lemon peel to batter. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- Reserve 24 raspberries for garnish; set aside. In small bowl, beat remaining raspberries, 1 cup of the frosting and 2 tablespoons lemon peel with whisk until well blended. Fit 1/4-inch diameter round tip into decorating bag. Spoon raspberry mixture into bag. Insert tip into center of each cupcake, about two-thirds of the way down; gently squeeze bag, pulling upwards until cupcake swells slightly and filling comes to top. (Do not let filling spill out over top of cupcake.)
- In small bowl, mix remaining frosting and the lemon juice until smooth and shiny. Pipe or spread frosting on cupcakes.
- Garnish each with fresh raspberry and lemon peel strips. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:4.24, Inflammation Score:-1, Nutrition Score:2.5356521604826%

Flavonoids

Cyanidin: 3.24mg, Cyanidin: 3.24mg, Cyanidin: 3.24mg, Cyanidin: 3.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin:

0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 143.68kcal (7.18%), Fat: 3.14g (4.83%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 27.39g (9.96%), Sugar: 18.38g (20.42%), Cholesterol: 0mg (0%), Sodium: 175.5mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Phosphorus: 77.37mg (7.74%), Vitamin B2: 0.09mg (5.48%), Calcium: 50.76mg (5.08%), Manganese: 0.09mg (4.59%), Folate: 17.96µg (4.49%), Vitamin C: 3.4mg (4.12%), Vitamin B1: 0.05mg (3.41%), Fiber: 0.81g (3.23%), Vitamin E: 0.47mg (3.13%), Vitamin B3: 0.59mg (2.96%), Vitamin K: 2.98µg (2.84%), Iron: 0.5mg (2.78%), Selenium: 1.89µg (2.7%), Copper: 0.02mg (1.24%), Magnesium: 4.26mg (1.06%)