



Real Strawberry Cupcakes

 Vegetarian  Popular

READY IN



75 min.

SERVINGS



12

CALORIES



288 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons butter softened
- 0.5 cup confectioners' sugar
- 0.8 cup cream cheese softened
- 2 eggs
- 1.5 cups flour all-purpose
- 3 tablespoons vanilla pudding mix instant
- 0.5 teaspoon lemon zest

- 1 drop food coloring red or as needed
- 0.3 teaspoon salt
- 3 large strawberries fresh sliced
- 0.5 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 1 cup sugar white

Equipment

- bowl
- oven
- mixing bowl
- sieve
- blender
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 325 degrees F (165 degrees C). Spray cupcake cups with cooking spray, or line with cupcake liners.
- Place 8 strawberries into a blender, and blend until smooth.
- Pour the puree through a strainer to remove seeds. Puree should equal about 3/4 cup. Set the puree aside.
- In a large bowl, beat together the eggs, white sugar, vegetable oil, 1/2 teaspoon vanilla extract, lemon zest, and strawberry puree until well combined. Stir in the flour, baking powder, salt, vanilla pudding mix (for a moister cupcake), and red food coloring to reach a desired shade of pink. Spoon the batter into the prepared cupcake cups, filling each about 2/3 full.
- Bake in the preheated oven until the cupcakes have risen and a toothpick inserted into the center of a cupcake comes out clean, about 23 minutes. Allow the cupcakes to cool at least 10 minutes before frosting.

To make frosting, beat cream cheese and butter together in a mixing bowl with an electric mixer until smooth, and mix in confectioners' sugar and 1/2 teaspoon vanilla extract to make a lump-free icing. Frost each cupcake with about 2 tablespoons of icing, and top each cupcake with a strawberry slice.

Nutrition Facts

PROTEIN 4.78% **FAT 42.43%** **CARBS 52.79%**

Properties

Glycemic Index:29.51, Glycemic Load:20.8, Inflammation Score:-3, Nutrition Score:4.8873912769815%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 287.94kcal (14.4%), Fat: 13.77g (21.18%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 37.96g (13.8%), Sugar: 25.42g (28.24%), Cholesterol: 46.63mg (15.54%), Sodium: 213.22mg (9.27%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.49g (6.98%), Selenium: 8.98µg (12.83%), Vitamin K: 11.81µg (11.25%), Vitamin B2: 0.15mg (8.85%), Folate: 35.02µg (8.75%), Vitamin B1: 0.13mg (8.71%), Manganese: 0.14mg (6.9%), Phosphorus: 63.46mg (6.35%), Calcium: 61.59mg (6.16%), Vitamin A: 289.3IU (5.79%), Iron: 0.99mg (5.49%), Vitamin E: 0.78mg (5.18%), Vitamin C: 4.08mg (4.94%), Vitamin B3: 0.97mg (4.85%), Vitamin B5: 0.27mg (2.73%), Fiber: 0.59g (2.36%), Zinc: 0.29mg (1.93%), Copper: 0.04mg (1.81%), Magnesium: 6.73mg (1.68%), Vitamin B12: 0.1µg (1.67%), Potassium: 58.15mg (1.66%), Vitamin B6: 0.03mg (1.54%)