



REALLY Real Strawberry Cupcakes

READY IN



47 min.

SERVINGS



20

CALORIES



148 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.8 cup cake flour
- 3 eggs room temperature
- 0.8 cup flour all-purpose
- 1.3 ounces freeze-dried strawberries
- 0.5 teaspoon salt
- 0.5 cup butter unsalted room temperature
- 1 teaspoon vanilla extract

- 1.3 cups sugar white
- 0.7 cup milk whole room temperature

Equipment

- food processor
- bowl
- oven
- whisk
- hand mixer
- toothpicks
- muffin liners
- muffin tray
- mini muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line muffin tins with 20 cupcake liners (for mini cupcakes, line 72 mini muffin tins).
- Grind strawberries into a fine powder using a coffee grinder or food processor.
- Whisk strawberry powder, all-purpose flour, cake flour, baking powder, baking soda, and salt together in a bowl.
- Beat butter and sugar in a bowl with an electric mixer until light and fluffy.
- Mixture should be noticeably lighter in color.
- Add room-temperature eggs one at a time, allowing each egg to blend into butter mixture before adding the next. Beat in vanilla extract.
- Stir flour mixture, alternately with the milk, into butter mixture until just incorporated. Fill lined tins with cupcake batter.
- Bake in preheated oven until cupcakes spring back when gently touched with a fingertip or a toothpick inserted in the center comes out clean, 16 to 18 minutes for regular cupcakes, 8 to 10 minutes for mini cupcakes.

Nutrition Facts

PROTEIN 5.88% FAT 34.13% CARBS 59.99%

Properties

Glycemic Index:17.1, Glycemic Load:14.32, Inflammation Score:-2, Nutrition Score:3.5543478027634%

Nutrients (% of daily need)

Calories: 147.95kcal (7.4%), Fat: 5.66g (8.7%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 21.94g (7.98%), Sugar: 14.97g (16.63%), Cholesterol: 37.73mg (12.58%), Sodium: 117.04mg (5.09%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Protein: 2.19g (4.39%), Vitamin C: 21.65mg (26.24%), Selenium: 5.77µg (8.24%), Iron: 0.81mg (4.48%), Vitamin B2: 0.07mg (4.24%), Phosphorus: 38.84mg (3.88%), Vitamin A: 190.73IU (3.81%), Manganese: 0.07mg (3.63%), Calcium: 34.68mg (3.47%), Folate: 13.4µg (3.35%), Vitamin B1: 0.05mg (3.2%), Vitamin D: 0.31µg (2.04%), Vitamin B12: 0.11µg (1.87%), Vitamin B5: 0.18mg (1.79%), Fiber: 0.43g (1.74%), Vitamin B3: 0.34mg (1.7%), Potassium: 56.63mg (1.62%), Vitamin E: 0.23mg (1.51%), Zinc: 0.2mg (1.32%), Copper: 0.02mg (1.11%), Magnesium: 4.19mg (1.05%), Vitamin B6: 0.02mg (1.01%)