



Red Velvet Cupcake

READY IN



45 min.

SERVINGS



24

CALORIES



372 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup butter unsalted softened (1½ sticks)
- 1 cup buttermilk at room temperature
- 2.5 cups cake flour sifted
- 1 teaspoon apple cider vinegar
- 12 ounces cream cheese cold
- 2 eggs at room temperature
- 1.5 pounds powdered sugar sifted ()
- 2 oz food coloring red (two bottles)

- 1 teaspoon salt
- 1.5 cups sugar
- 0.5 cup butter unsalted softened
- 5 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- whisk
- blender
- hand mixer
- spatula
- measuring cup
- offset spatula

Directions

- Preheat oven to 350F. Grease and lightly flour 2 cupcake pans (24 cupcakes).To make the batter: In a small bowl, sift the cake flour and set aside. In a large bowl, on the medium speed of an electric mixer, cream the butter and sugar until very light and fluffy, about 5 minutes.
- Add the eggs, one at a time, beating well after each addition. In a small bowl, whisk together the red food coloring, cocoa, and vanilla.
- Add to the batter and beat well.In a measuring cup, stir the salt into the buttermilk.
- Add to the batter in three parts alternating with the flour. With each addition, beat until the ingredients are incorporated, but do not overbeat. In a small bowl, stir together the cider vinegar and baking soda.
- Add to the batter and mix well. Using a rubber spatula, scrape down the batter in the bowl, making sure the ingredients are well blended and the batter is smooth.Divide the batter

among the prepared pans. Arrange the oven racks in the upper and lower thirds of the oven and bake the cupcakes, switching positions of the pans halfway through baking, until a tester comes out clean, about 20 minutes. Cool the cupcakes in the pan 10 minutes, then remove from the pan and cool completely on a rack before icing. To ice, mound about cup of frosting on top of each cupcake and use an icing spatula to make a swirl on top. If desired, decorate with colored sprinkles.

- Combine butter, salt, and cream cheese in mixer and beat on medium speed 2–3 minutes.
- Add sugar until just incorporated. Dont over mix. It should be thick but not fluffy.
- Add vanilla. If necessary, add milk to thin.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:15.21, Inflammation Score:-3, Nutrition Score:3.4565217391304%

Flavonoids

Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 371.57kcal (18.58%), Fat: 17.46g (26.87%), Saturated Fat: 10.57g (66.07%), Carbohydrates: 52.14g (17.38%), Net Carbohydrates: 51.44g (18.71%), Sugar: 41.35g (45.94%), Cholesterol: 59.56mg (19.85%), Sodium: 205.48mg (8.93%), Protein: 3.54g (7.08%), Selenium: 8.42µg (12.03%), Vitamin A: 581.47IU (11.63%), Manganese: 0.15mg (7.49%), Phosphorus: 54.64mg (5.46%), Vitamin B2: 0.09mg (5.28%), Copper: 0.08mg (3.82%), Vitamin E: 0.55mg (3.66%), Calcium: 34.51mg (3.45%), Magnesium: 11.51mg (2.88%), Fiber: 0.7g (2.79%), Vitamin D: 0.42µg (2.77%), Vitamin B5: 0.25mg (2.5%), Zinc: 0.36mg (2.37%), Vitamin B12: 0.13µg (2.23%), Folate: 8.55µg (2.14%), Iron: 0.37mg (2.07%), Potassium: 71.01mg (2.03%), Vitamin B1: 0.02mg (1.43%), Vitamin K: 1.4µg (1.33%), Vitamin B6: 0.02mg (1.22%)