

Red Velvet Cupcake Cones

Vegetarian







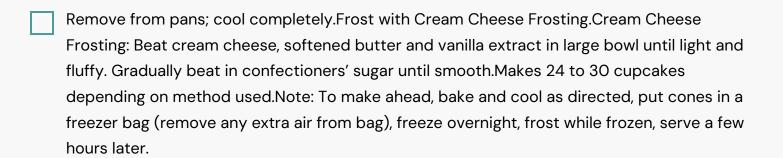
DESSERT

Ingredients

1 teaspoon baking soda
O.5 cup natural cocoa powder unsweetened
3.3 cups confectioners' sugar
8 ounce cream cheese
4 large eggs room temperature
25 oz flour 11 all-purpose (bleached)
2 cups granulated sugar

1 ounce purple gel food coloring red mccormick®

	0.5 teaspoon salt	
	0.5 cup butter salted softened	
	1 cup cup heavy whipping cream sour	
	1.3 teaspoons vanilla extract	
	2 teaspoons vanilla extract pure mccormick®	
	0.5 cup milk whole	
Equipment		
	bowl	
	oven	
	knife	
	wire rack	
	hand mixer	
	toothpicks	
	skewers	
	muffin liners	
Di	rections	
	Preheat oven to 350 degrees F.	
	Mix flour, cocoa powder, baking soda and salt in medium bowl. Set aside.Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Beat in eggs, one at a time.	
	Mix in sour cream, milk, food color and vanilla. Gradually add the flour mixture on low speed (or by hand) just blended. Do not overbeat. Spoon batter into 30 paper-lined muffin cups, filling each cup 2/3 full or spoon batter into 24 plain flat bottom ice cream cones – fill right to the point vanilla ice cream cones becomes wider.	
	Bake 20 to 25 minutes or until toothpick inserted into cupcake comes out clean. If using cones, use a skewer or knife and poke a hole in the bottom (or on the side near the bottom) of the baked cupcake cone to allow steam to escape (helps prevent a soggy cone). Cool in pans on wire rack 5 minutes.	



Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:28.17, Inflammation Score:-4, Nutrition Score:6.7265217683238%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 341.44kcal (17.07%), Fat: 10.49g (16.14%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 56.26g (20.46%), Sugar: 33.67g (37.41%), Cholesterol: 56.98mg (18.99%), Sodium: 172.37mg (7.49%), Alcohol: 0.19g (100%), Alcohol %: 0.23% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.47g (10.95%), Selenium: 14.33µg (20.48%), Vitamin B1: 0.24mg (16.25%), Folate: 60.1µg (15.02%), Vitamin B2: 0.24mg (14.21%), Manganese: 0.28mg (13.87%), Iron: 1.8mg (10.01%), Vitamin B3: 1.82mg (9.08%), Phosphorus: 85.24mg (8.52%), Vitamin A: 358.03IU (7.16%), Copper: 0.12mg (6.13%), Fiber: 1.46g (5.84%), Magnesium: 19.02mg (4.75%), Calcium: 38.04mg (3.8%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.54mg (3.63%), Potassium: 105.01mg (3%), Vitamin B12: 0.15µg (2.51%), Vitamin E: 0.34mg (2.25%), Vitamin B6: 0.04mg (2.09%), Vitamin D: 0.22µg (1.48%)