



Red Velvet Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



353 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 2.3 cups confectioners' sugar
- 6 ounces cream cheese at room temperature
- 2 large eggs plus egg yolks
- 2.3 cups flour all-purpose
- 1.3 cups milk
- 1.5 tablespoons food coloring red
- 0.5 teaspoon salt

- 1.5 cups sugar
- 3 tablespoons butter unsalted at room temperature
- 12 tablespoons butter unsalted at room temperature
- 1.5 teaspoons cocoa powder unsweetened
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners
- muffin tray

Directions

- Make cupcakes: Preheat oven to 350F.
- Place paper liners in a 12-cup muffin tin and 4 cups of a 6-cup muffin tin. Fill 2 empty muffin cups halfway with water.
- Mix flour, cocoa, salt and baking powder. In a separate bowl, with an electric mixer, beat butter until creamy. Gradually add sugar and beat until light and fluffy.
- Add eggs, one a time, beating well after each addition. Beat in yolks, food coloring and vanilla. Alternate adding dry ingredients and milk, beginning and ending with dry ingredients. Beat just until all ingredients are incorporated.
- Divide batter among cupcake liners.
- Bake until a toothpick inserted into center of a cupcake comes out clean, about 20 minutes. Cool in pans on wire rack for 10 minutes, then remove cupcakes from pans to rack to cool completely.
- Make frosting: Using an electric mixer on medium speed, beat cream cheese and butter until smooth. Beat in vanilla. Gradually add sugar and beat until easy to spread.

Nutrition Facts

PROTEIN 3.98% FAT 39.46% CARBS 56.56%

Properties

Glycemic Index:18.88, Glycemic Load:23.39, Inflammation Score:-4, Nutrition Score:4.7186956094659%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 352.9kcal (17.65%), Fat: 15.72g (24.19%), Saturated Fat: 9.48g (59.26%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 50.19g (18.25%), Sugar: 36.65g (40.72%), Cholesterol: 64.19mg (21.4%), Sodium: 156.44mg (6.8%), Alcohol: 0.13g (100%), Alcohol %: 0.16% (100%), Protein: 3.56g (7.13%), Selenium: 8.78µg (12.55%), Vitamin A: 532.29IU (10.65%), Vitamin B1: 0.16mg (10.37%), Vitamin B2: 0.16mg (9.45%), Folate: 36.65µg (9.16%), Phosphorus: 69.98mg (7%), Calcium: 64.88mg (6.49%), Manganese: 0.13mg (6.48%), Vitamin B3: 1.08mg (5.39%), Iron: 0.96mg (5.35%), Vitamin D: 0.52µg (3.48%), Vitamin B12: 0.19µg (3.17%), Vitamin E: 0.47mg (3.14%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.33mg (2.17%), Fiber: 0.51g (2.04%), Magnesium: 8.1mg (2.02%), Potassium: 69.68mg (1.99%), Copper: 0.04mg (1.88%), Vitamin B6: 0.03mg (1.67%), Vitamin K: 1.27µg (1.21%)