



## Red Velvet Cupcakes

 Vegetarian

READY IN



135 min.

SERVINGS



16

CALORIES



824 kcal

DESSERT

## Ingredients

- 1.3 teaspoons baking soda
- 1 pound butter room temperature
- 1.3 cups buttermilk
- 1.5 pounds cream cheese room temperature
- 3 eggs
- 15.5 ounces flour all-purpose
- 2 tablespoons plus 2 teaspoons food coloring red
- 13 ounces granulated sugar

- 2 pounds powdered sugar sifted
- 1.3 teaspoons salt
- 1.3 teaspoons cocoa powder unsweetened
- 1 tablespoon vanilla extract
- 1.3 teaspoons vanilla extract
- 1.5 cups vegetable oil
- 0.1 cup water
- 1.3 teaspoons vinegar white canned ( or apple cider can both work)

## Equipment

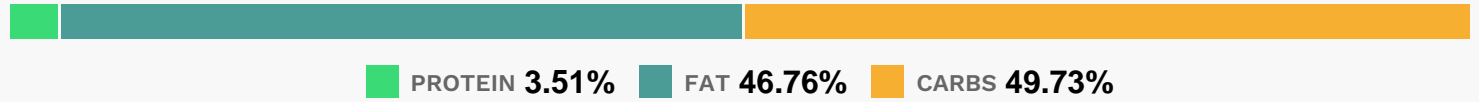
- bowl
- oven
- blender
- toothpicks
- muffin tray

## Directions

- Watch how to make this recipe.
- Preheat oven 350 degrees F.
- Sift together flour, baking soda, salt, and cocoa powder into a bowl and set aside.
- In a mixer fitted with paddle attachment, mix oil, sugar, and buttermilk until combined.
- Add eggs, food coloring, vinegar, vanilla and water and mix well.
- Add the dry ingredients a little bit at a time and mix on low, scraping down sides occasionally, and mix until just combined. Be sure not to over mix, or the batter will come out tough.
- Line a 16-cup cupcake pan with paper liners, scoop the batter into the liners and bake at 350 degrees F for 20 to 30 minutes or until the toothpick comes out clean.
- Let cool.
- Whip the butter and cream cheese together in a mixer fitted with a paddle attachment until creamed. Gradually add powdered sugar to the mixture and scrape down the bowl as needed.

- Add the vanilla and mix until combined.
- The frosting can be used right away, or stored in the refrigerator up to a week.
- Frost cooled cupcakes with the cream cheese frosting.

## Nutrition Facts



### Properties

Glycemic Index:18.94, Glycemic Load:32.17, Inflammation Score:-7, Nutrition Score:8.8113043100938%

### Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 824.35kcal (41.22%), Fat: 43.47g (66.87%), Saturated Fat: 24.45g (152.8%), Carbohydrates: 104.01g (34.67%), Net Carbohydrates: 103.24g (37.54%), Sugar: 81.22g (90.24%), Cholesterol: 136.65mg (45.55%), Sodium: 616.53mg (26.81%), Alcohol: 0.39g (100%), Alcohol %: 0.21% (100%), Protein: 7.35g (14.7%), Vitamin A: 1355.04IU (27.1%), Selenium: 16.97µg (24.24%), Vitamin B2: 0.33mg (19.38%), Vitamin B1: 0.24mg (15.94%), Folate: 59.78µg (14.94%), Phosphorus: 114.89mg (11.49%), Manganese: 0.2mg (10.22%), Vitamin K: 10.56µg (10.06%), Vitamin E: 1.47mg (9.83%), Iron: 1.54mg (8.54%), Vitamin B3: 1.7mg (8.51%), Calcium: 79.57mg (7.96%), Vitamin B5: 0.59mg (5.92%), Vitamin B12: 0.3µg (5.02%), Zinc: 0.62mg (4.16%), Potassium: 133.51mg (3.81%), Magnesium: 13.85mg (3.46%), Copper: 0.07mg (3.38%), Fiber: 0.77g (3.08%), Vitamin B6: 0.06mg (2.9%), Vitamin D: 0.41µg (2.72%)