



Red Velvet Cupcakes

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



454 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 0.8 pound confectioners' sugar sifted
- ☐ 8 ounces cream cheese at room temperature
- ☐ 2 extra large eggs at room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 1 tablespoon liquid food coloring red

- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups sugar
- ☐ 0.3 pound butter unsalted at room temperature (1 stick)
- ☐ 12 tablespoons butter unsalted at room temperature ()
- ☐ 0.3 cup cocoa powder unsweetened such as pernigotti
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 teaspoon vinegar white

Equipment

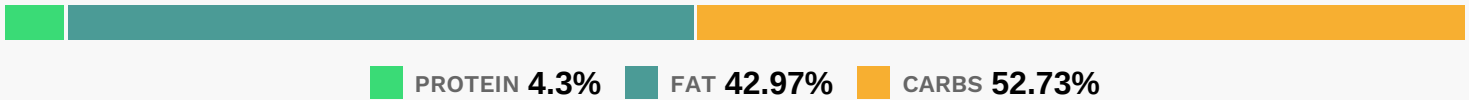
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula
- ☐ ice cream scoop
- ☐ muffin liners
- ☐ measuring cup
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Line muffin tins with paper liners.
- ☐ In a small bowl, sift together the flour, cocoa powder, baking powder, baking soda, and salt. In a large measuring cup, combine the buttermilk, food coloring, vinegar, and vanilla.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and sugar on medium speed for 1 minute, until light.

- ☐ Add the eggs, one at a time, and beat until combined. With the mixer on low speed, add the dry ingredients and the wet ingredients alternately in 3 parts, beginning and ending with the dry ingredients, and mix until combined. Stir with a rubber spatula to be sure the batter is mixed.
- ☐ Scoop the batter into the muffin cups with a 2 1/4-inch ice cream scoop or large spoon.
- ☐ Bake for 25 to 30 minutes, until a toothpick inserted in the centers comes out clean. Cool completely in the pans and frost the cupcakes with Red Velvet Frosting.
- ☐ Place the cream cheese, butter, and vanilla in the bowl of an electric mixer fitted with the paddle attachment, and mix on medium speed just until combined. Don't whip!
- ☐ Add the sugar and mix until smooth.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:26, Inflammation Score:-5, Nutrition Score:6.3734783037849%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 453.7kcal (22.69%), Fat: 22.12g (34.03%), Saturated Fat: 13.38g (83.6%), Carbohydrates: 61.09g (20.36%), Net Carbohydrates: 59.99g (21.82%), Sugar: 43.66g (48.51%), Cholesterol: 85.14mg (28.38%), Sodium: 334.61mg (14.55%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.3mg (1.1%), Protein: 4.98g (9.95%), Selenium: 11.9µg (17%), Vitamin A: 738.59IU (14.77%), Vitamin B2: 0.22mg (12.8%), Vitamin B1: 0.18mg (11.98%), Folate: 44.82µg (11.2%), Manganese: 0.21mg (10.27%), Phosphorus: 87.97mg (8.8%), Iron: 1.38mg (7.65%), Vitamin B3: 1.3mg (6.52%), Calcium: 62.97mg (6.3%), Copper: 0.1mg (5.14%), Vitamin E: 0.67mg (4.46%), Fiber: 1.09g (4.37%), Vitamin D: 0.64µg (4.26%), Magnesium: 16.09mg (4.02%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.21µg (3.42%), Zinc: 0.5mg (3.32%), Potassium: 101.98mg (2.91%), Vitamin B6: 0.04mg (1.92%), Vitamin K: 1.8µg (1.71%)