



Red Velvet Cupcakes

READY IN



138 min.

SERVINGS



1

CALORIES



3930 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 1 serving chocolate white red
- ☐ 3 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 oz purple gel food coloring red
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar

- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vinegar white

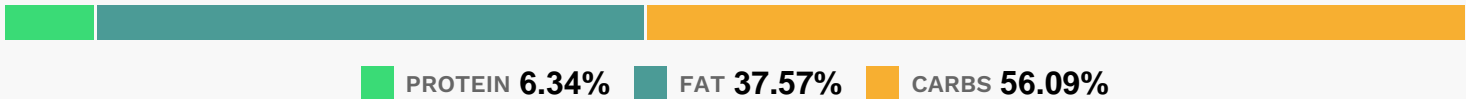
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in food coloring and vanilla until blended.
- ☐ Combine flour, cocoa, and salt. Stir together buttermilk, vinegar, and baking soda in a 4-cup liquid measuring cup. (
- ☐ Mixture will bubble.)
- ☐ Add flour mixture to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed until blended after each addition.
- ☐ Place 24 paper baking cups in 2 (12-cup) muffin pans; spoon batter into cups, filling three-fourths full.
- ☐ Bake at 350 for 18 to 20 minutes or until wooden pick inserted in centers comes out clean.
- ☐ Remove cupcakes from pans to wire racks, and let cool completely (about 45 minutes).
- ☐ Pipe frosting onto cupcakes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:318.69, Glycemic Load:385.87, Inflammation Score:-10, Nutrition Score:60.625217437744%

Flavonoids

Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 3930.16kcal (196.51%), Fat: 166.7g (256.47%), Saturated Fat: 98.66g (616.62%), Carbohydrates: 559.96g (186.65%), Net Carbohydrates: 545.92g (198.52%), Sugar: 313.9g (348.78%), Cholesterol: 950.44mg (316.81%), Sodium: 3830.09mg (166.53%), Alcohol: 1.38g (100%), Alcohol %: 0.14% (100%), Caffeine: 35.16mg (11.72%), Protein: 63.31g (126.63%), Selenium: 166.63µg (238.05%), Vitamin B1: 2.65mg (176.45%), Folate: 664.31µg (166.08%), Vitamin B2: 2.8mg (164.66%), Manganese: 2.8mg (139.82%), Vitamin A: 5460.55IU (109.21%), Iron: 19.51mg (108.41%), Phosphorus: 991.81mg (99.18%), Vitamin B3: 19.2mg (96%), Copper: 1.22mg (60.9%), Fiber: 14.04g (56.17%), Vitamin B5: 4.81mg (48.08%), Magnesium: 190.8mg (47.7%), Calcium: 472.3mg (47.23%), Vitamin B12: 2.73µg (45.47%), Zinc: 6.26mg (41.75%), Vitamin D: 6.12µg (40.8%), Vitamin E: 5.9mg (39.32%), Potassium: 1149.61mg (32.85%), Vitamin B6: 0.5mg (25.16%), Vitamin K: 14.46µg (13.77%)