



Red Velvet Cupcakes

READY IN



45 min.

SERVINGS



30

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 5 tablespoons butter softened
- ☐ 2.5 cups cake flour
- ☐ 8 ounce cream cheese softened
- ☐ 2 large eggs
- ☐ 1.5 cups granulated sugar
- ☐ 1 teaspoon kosher salt
- ☐ 1.3 cups nonfat buttermilk

- ☐ 4 teaspoons nonfat buttermilk
- ☐ 1 pound powdered sugar
- ☐ 1 ounce food coloring red
- ☐ 6 tablespoons butter unsalted softened
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1.3 teaspoons vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.5 teaspoons vinegar white

Equipment

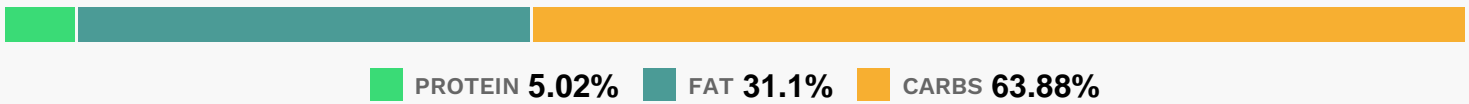
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare the cupcakes, place 30 paper muffin cup liners in muffin cups; coat with cooking spray.
- ☐ Weigh or lightly spoon cake flour into dry measuring cups; level with a knife.
- ☐ Combine cake flour, unsweetened cocoa, baking soda, baking powder, and salt in a medium bowl; stir with a whisk.
- ☐ Place granulated sugar and unsalted butter in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes).

- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add flour mixture and 1 1/4 cups nonfat buttermilk alternately to sugar mixture, beginning and ending with flour mixture.
- ☐ Add white vinegar, 1 1/2 teaspoons vanilla, and food coloring; beat well.
- ☐ Spoon batter into prepared muffin cups.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan. Cool completely on wire racks.
- ☐ To prepare frosting, beat 5 tablespoons butter, 4 teaspoons nonfat buttermilk, and cream cheese with a mixer at high speed until fluffy. Gradually add powdered sugar; beat until smooth.
- ☐ Add 1 1/4 teaspoons vanilla; beat well.
- ☐ Spread frosting evenly over cupcakes.

Nutrition Facts



Properties

Glycemic Index:11.87, Glycemic Load:12.02, Inflammation Score:-2, Nutrition Score:1.9913043392741%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 209.26kcal (10.46%), Fat: 7.35g (11.31%), Saturated Fat: 4.33g (27.09%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 33.56g (12.2%), Sugar: 25.68g (28.53%), Cholesterol: 31.28mg (10.43%), Sodium: 182.34mg (7.93%), Alcohol: 0.13g (100%), Alcohol %: 0.25% (100%), Protein: 2.67g (5.34%), Selenium: 6.08µg (8.69%), Manganese: 0.11mg (5.29%), Vitamin A: 248.02IU (4.96%), Phosphorus: 32.65mg (3.26%), Vitamin B2: 0.05mg (2.76%), Calcium: 22.19mg (2.22%), Copper: 0.04mg (2.21%), Vitamin E: 0.26mg (1.74%), Fiber: 0.44g (1.74%), Magnesium: 6.37mg (1.59%), Folate: 6µg (1.5%), Vitamin B5: 0.15mg (1.47%), Iron: 0.26mg (1.45%), Zinc: 0.21mg (1.41%)