



Red Velvet Cupcakes

READY IN



45 min.

SERVINGS



20

CALORIES



123 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.3 cups cake flour
- ☐ 0.3 cup canola oil
- ☐ 2 batches lemon-cream cheese frosting
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup buttermilk low-fat
- ☐ 2 tablespoons food coloring red
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract pure

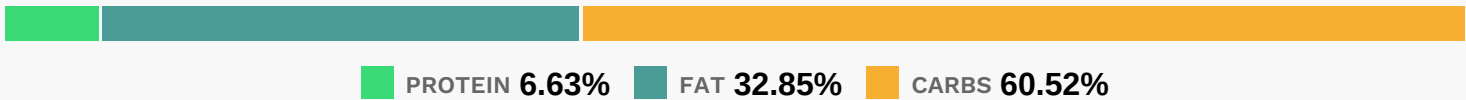
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray
- ☐ pastry bag

Directions

- ☐ Preheat oven to 35
- ☐ Place 12 muffin cup liners in muffin tin.
- ☐ Place flours in a bowl. Sift sugar, baking soda, and salt into bowl.
- ☐ Whisk butter and oil in a bowl.
- ☐ Add buttermilk and next 4 ingredients (through vanilla), whisking until well-combined.
- ☐ Add dry ingredients to wet.
- ☐ Divide batter evenly among liners, and bake in middle of oven about 25 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes; transfer to a wire rack to cool.
- ☐ Pipe frosting on cakes with a star-tipped pastry bag.
- ☐ Skinny it up! Skip the frosting for a 216-calorie treat.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:12.38, Inflammation Score:-1, Nutrition Score:2.0760869539302%

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: 123.37kcal (6.17%), Fat: 4.58g (7.05%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 18.53g (6.74%), Sugar: 10.7g (11.88%), Cholesterol: 12.79mg (4.26%), Sodium: 92.21mg (4.01%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Protein: 2.08g (4.16%), Selenium: 5.31µg (7.59%), Manganese: 0.1mg (5.22%), Vitamin E: 0.59mg (3.92%), Vitamin B2: 0.05mg (3.17%), Phosphorus: 30.6mg (3.06%), Folate: 10.27µg (2.57%), Vitamin B1: 0.04mg (2.42%), Copper: 0.04mg (2.09%), Vitamin K: 2.16µg (2.06%), Iron: 0.34mg (1.89%), Fiber: 0.46g (1.83%), Calcium: 18.08mg (1.81%), Magnesium: 6.81mg (1.7%), Vitamin B3: 0.28mg (1.42%), Zinc: 0.21mg (1.38%), Vitamin B5: 0.12mg (1.22%), Potassium: 41.2mg (1.18%), Vitamin A: 54.28IU (1.09%)