



Red Velvet Cupcakes with Cream Cheese Frosting

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 sticks butter softened
- ☐ 1 cup buttermilk room temperature
- ☐ 1 teaspoon cocoa powder
- ☐ 4 cups confectioners' sugar sifted
- ☐ 1 pound cream cheese softened
- ☐ 2 large eggs room temperature

- ☐ 2.5 cups flour all-purpose
- ☐ 24 servings pecans and raspberries fresh chopped for garnish
- ☐ 2 tablespoon food coloring red
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups vegetable oil
- ☐ 1 teaspoon distilled vinegar white

Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F. Line 2 (12-cup) muffin pans with cupcake papers.
- ☐ In a medium mixing bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla with a handheld electric mixer.
- ☐ Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined.
- ☐ Divide the batter evenly among the cupcake tins about 2/3 filled.
- ☐ Bake in oven for about 20 to 22 minutes, turning the pans once, half way through. Test the cupcakes with a toothpick for doneness.
- ☐ Remove from oven and cool completely before frosting.
- ☐ In a large mixing bowl, beat the cream cheese, butter and vanilla together until smooth.
- ☐ Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.
- ☐ Garnish with chopped pecans and a fresh raspberry or strawberry.

Nutrition Facts



PROTEIN 3.96% **FAT 46.61%** **CARBS 49.43%**

Properties

Glycemic Index:13.05, Glycemic Load:16.35, Inflammation Score:-4, Nutrition Score:4.3299999863071%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 350.76kcal (17.54%), Fat: 18.48g (28.44%), Saturated Fat: 9.48g (59.25%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 43.63g (15.87%), Sugar: 33.35g (37.06%), Cholesterol: 55.93mg (18.64%), Sodium: 279.62mg (12.16%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 3.53g (7.07%), Selenium: 8.02µg (11.46%), Vitamin A: 528.71IU (10.57%), Vitamin B2: 0.16mg (9.12%), Vitamin B1: 0.12mg (8%), Folate: 28.5µg (7.13%), Manganese: 0.14mg (7.05%), Vitamin K: 6.18µg (5.89%), Phosphorus: 56.39mg (5.64%), Vitamin E: 0.68mg (4.51%), Iron: 0.75mg (4.19%), Vitamin B3: 0.82mg (4.08%), Calcium: 37.55mg (3.75%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.14µg (2.34%), Zinc: 0.34mg (2.25%), Copper: 0.04mg (2.19%), Magnesium: 7.7mg (1.92%), Potassium: 66.04mg (1.89%), Fiber: 0.46g (1.85%), Vitamin B6: 0.03mg (1.47%), Vitamin D: 0.21µg (1.42%)