



## Red Velvet Cupcakes with Mascarpone Cream Cheese Icing

READY IN



45 min.

SERVINGS



12

CALORIES



658 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 cups cake flour
- ☐ 8 ounces cream cheese at room temperature
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 pinch kosher salt
- ☐ 8 ounces mascarpone cheese italian ( cream cheese, available at most grocery stores)

- ☐ 1 teaspoon mint extract
- ☐ 2 cups powdered sugar
- ☐ 2 ounces food coloring red
- ☐ 1 cup heavy whipping cream
- ☐ 1.8 cups sugar
- ☐ 1 cup butter unsalted at room temperature (2 sticks)
- ☐ 3.5 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon distilled vinegar white

## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ measuring cup

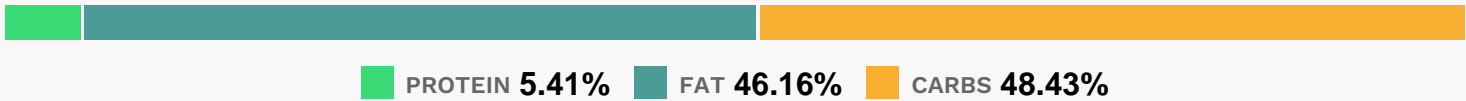
## Directions

- ☐ Preheat the oven to 350°F. Grease jumbo muffin cups (3 1/2 inches in diameter and 2 inches deep) with butter or cooking spray, and lightly flour them, knocking out the excess flour, or line them with baking papers.
- ☐ In a small bowl, stir the food coloring and cocoa powder together to make a smooth paste. Set aside. Using an electric mixer fitted with the paddle attachment, cream the butter and the sugar on medium-high speed until light and fluffy, about 2 minutes.
- ☐ Add the eggs, one at a time, beating after each addition, then add the cocoa paste while continuing to beat. Reduce the mixer speed to medium and beat the batter for about 4 minutes. In a medium bowl, sift together the cake flour, all-purpose flour, salt, and baking

soda. Stir the vanilla into the buttermilk (this can be done in the measuring cup).

- ☐ Add the flour mixture in 3 increments alternately with the buttermilk in 2 increments, starting and ending with the flour. Beat on medium speed just until the ingredients are combined.
- ☐ Add the sour cream and vinegar and beat on low speed until combined.
- ☐ Fill the muffin cups three-fourths full with batter.
- ☐ Bake for 25 to 35 minutes, just until the cupcakes feel firm to the touch and a toothpick inserted in the center comes out clean. Do not overbake, or the cupcakes will dry out.
- ☐ Remove from the oven and let cool in the pans for 5 minutes, then unmold onto a wire rack and let cool completely before frosting.
- ☐ To make the icing: In the large bowl of an electric mixer fitted with the paddle attachment, beat the butter, cream cheese, and powdered sugar on medium-high speed until light and fluffy. Beat in the mascarpone on very low speed until just combined. (Be careful; once you've added the mascarpone, excessive beating can make the frosting curdle.) Stir in the vanilla or mint extract.
- ☐ Frost the top of each muffin with the icing.
- ☐ Sprinkle the crushed peppermint candy, if using, evenly on the cupcakes.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Bakery and Café since 199

## Nutrition Facts



## Properties

Glycemic Index:28.92, Glycemic Load:39.64, Inflammation Score:-6, Nutrition Score:9.0839129615089%

## Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 657.86kcal (32.89%), Fat: 34.31g (52.79%), Saturated Fat: 20.12g (125.76%), Carbohydrates: 80.99g (27%), Net Carbohydrates: 79.53g (28.92%), Sugar: 51.98g (57.75%), Cholesterol: 123.36mg (41.12%), Sodium: 255.79mg (11.12%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 3.35mg (1.12%), Protein: 9.04g (18.08%), Selenium: 21.53µg (30.75%), Vitamin A: 1178.2IU (23.56%), Vitamin B2: 0.3mg (17.72%), Manganese: 0.34mg (17.1%), Phosphorus: 140.93mg (14.09%), Folate: 45.97µg (11.49%), Vitamin B1: 0.17mg (11.12%), Calcium: 96.21mg (9.62%), Iron: 1.35mg (7.52%), Copper: 0.14mg (7.2%), Vitamin E: 1.03mg (6.88%), Vitamin B5: 0.67mg (6.68%), Vitamin B3: 1.25mg (6.25%), Magnesium: 24.71mg (6.18%), Fiber: 1.46g (5.85%), Zinc: 0.84mg (5.63%), Vitamin B12: 0.32µg (5.36%), Potassium: 178.61mg (5.1%), Vitamin D: 0.71µg (4.74%), Vitamin B6: 0.07mg (3.37%), Vitamin K: 2.64µg (2.51%)