



Red Velvet Cupcakes with Orange Buttercream

READY IN



150 min.

SERVINGS



12

CALORIES



453 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups cake flour sifted
- 0.7 cup canola oil
- 3 large eggs beaten to blend
- 1 cup granulated sugar
- 0.1 teaspoon ground cinnamon
- 12 servings cranberry-orange relish
- 0.5 teaspoon orange zest such as boyajian brand, or 1 large orange pure
- 2 cups powdered sugar

- 1 pound beets red scrubbed (3 medium)
- 0.8 teaspoon sea salt fine
- 1 cup butter unsalted at room temperature
- 0.3 teaspoon vanilla extract
- 0.8 teaspoon vanilla extract

Equipment

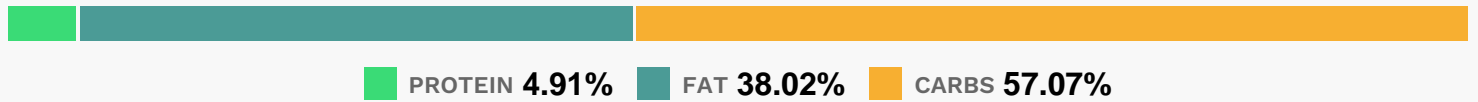
- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- blender
- toothpicks
- aluminum foil
- spatula
- muffin liners
- muffin tray
- pastry bag

Directions

- Make cupcakes: Preheat oven to 35
- Wrap each beet in foil, put on a rimmed baking sheet, and roast until tender when pierced, 1 to 1 1/2 hours.
- Let cool. Peel, cut into chunks, and pure in a food processor. Measure 1 1/4 cups pure.
- Line a 12-cup muffin pan (1/2-cup size) with paper liners. Sift together flour, baking powder, salt, and cinnamon in a medium bowl. Set aside.

- Whisk together beet pure, granulated sugar, eggs, oil, and vanilla in a large bowl. With a plastic spatula, stir in flour mixture one-third at a time just until smooth.
- Spoon batter into muffin cups, filling each almost to the top of the liner.
- Bake until cupcakes spring back when gently pressed and a toothpick inserted in center of one comes out with a couple of moist crumbs clinging, 25 to 30 minutes.
- Let cool in pan on a rack 10 minutes.
- Transfer to rack to cool completely.
- Make buttercream: Beat butter with a mixer on high speed until very smooth.
- Add powdered sugar, orange oil, and vanilla; beat on low speed to blend, then on medium until fluffy and smooth.
- Spread a thick layer of buttercream on cupcakes, swirling it decoratively. Or pipe frosting from a pastry bag, using a star tip.
- Make ahead: Up to 1 day, chilled.
- *Find pure orange oil, an essential oil pressed from orange rind (and different from orange extract), at surlatable.com

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:26.74, Inflammation Score:-7, Nutrition Score:10.420869495558%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 452.51kcal (22.63%), Fat: 19.59g (30.14%), Saturated Fat: 10.37g (64.79%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 62.44g (22.7%), Sugar: 47.33g (52.59%), Cholesterol: 87.17mg (29.06%), Sodium: 231.01mg (10.04%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 5.69g (11.38%), Vitamin C: 49.85mg (60.42%), Folate: 81.55µg (20.39%), Selenium: 13.23µg (18.91%), Manganese: 0.32mg (16.12%), Vitamin A: 756.03IU (15.12%), Fiber: 3.74g (14.96%), Potassium: 329.96mg (9.43%), Phosphorus: 84.57mg (8.46%), Vitamin E: 1.27mg

(8.45%), Vitamin B2: 0.13mg (7.91%), Calcium: 77.14mg (7.71%), Vitamin B1: 0.11mg (7.52%), Magnesium: 24.95mg (6.24%), Copper: 0.12mg (6.09%), Vitamin B5: 0.59mg (5.88%), Vitamin B6: 0.11mg (5.46%), Iron: 0.86mg (4.8%), Zinc: 0.56mg (3.7%), Vitamin D: 0.53µg (3.56%), Vitamin K: 3.28µg (3.12%), Vitamin B3: 0.61mg (3.04%), Vitamin B12: 0.14µg (2.39%)