



Red Velvet Santa Cupcakes

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



176 kcal

DESSERT

Ingredients

- 15 oz beets whole red drained canned (not pickled)
- 0.3 cup eggs fat-free
- 0.8 cup sugar
- 1 teaspoon vanilla
- 3 tablespoons vegetable oil
- 5.3 oz vanilla yogurt
- 0.8 cup flour all-purpose
- 0.3 cup cocoa powder unsweetened

- 0.5 teaspoon salt
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 4 oz weight cream cheese fat-free softened (from 8-oz package)
- 0.3 cup powdered sugar sifted
- 12 strawberries whole

Equipment

- food processor
- bowl
- oven
- blender
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In blender or food processor, place beets. Cover; blend on high speed about 1 minute, stopping occasionally to scrape sides, until smooth.
- Pour 1/2 cup beet mixture in large bowl (reserve remaining for another use).
- Add egg product, sugar, vanilla, oil and yogurt, stirring well to combine. Stir in flour, cocoa, salt, baking powder and baking soda. Divide batter evenly among muffin cups.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely, about 30 minutes.
- In medium bowl, beat cream cheese and powdered sugar with electric mixer on medium speed until smooth.
- Spread on cupcakes. Top each with 1 strawberry and an additional dot of frosting.

Nutrition Facts

PROTEIN 9.32% FAT 22.43% CARBS 68.25%

Properties

Glycemic Index:23.09, Glycemic Load:13.35, Inflammation Score:-2, Nutrition Score:5.5078261131826%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 176.16kcal (8.81%), Fat: 4.56g (7.01%), Saturated Fat: 1g (6.26%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 29.82g (10.84%), Sugar: 21.76g (24.18%), Cholesterol: 20.59mg (6.86%), Sodium: 295.61mg (12.85%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.12mg (1.37%), Protein: 4.26g (8.52%), Manganese: 0.25mg (12.57%), Phosphorus: 110.51mg (11.05%), Vitamin C: 7.97mg (9.66%), Selenium: 6.03µg (8.61%), Folate: 34.38µg (8.6%), Vitamin B2: 0.14mg (8.18%), Calcium: 76.74mg (7.67%), Copper: 0.14mg (6.8%), Vitamin K: 6.74µg (6.42%), Fiber: 1.4g (5.59%), Magnesium: 22.31mg (5.58%), Vitamin B1: 0.08mg (5.35%), Iron: 0.95mg (5.27%), Potassium: 156.23mg (4.46%), Zinc: 0.6mg (3.99%), Vitamin B3: 0.68mg (3.38%), Vitamin B12: 0.2µg (3.35%), Vitamin B5: 0.33mg (3.29%), Vitamin E: 0.4mg (2.65%), Vitamin B6: 0.05mg (2.4%), Vitamin A: 56.53IU (1.13%)