

Shark Cupcakes

READY IN



60 min.

SERVINGS



24

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 4 drops food coloring blue
- ☐ 0.5 cup blueberries
- ☐ 0.5 cup butter softened
- ☐ 2.5 cups confectioners' sugar
- ☐ 1 teaspoon cornstarch
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup heavy whipping cream
- ☐ 24 servings candies blue wedge-shaped

- ☐ 0.5 cup milk
- ☐ 1 tablespoon raspberry extract
- ☐ 2 teaspoons strawberry extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

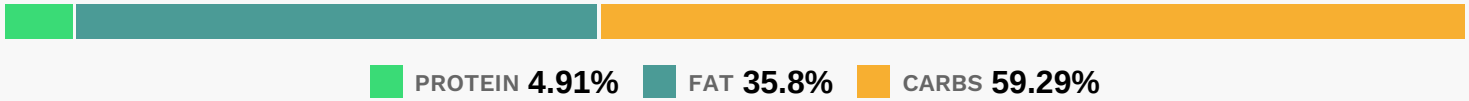
Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line two 12-cup muffin tins with paper liners.
- ☐ Beat 1 cup butter and 2 cups white sugar together in a bowl using an electric mixer until creamy and smooth. Beat in eggs, one at a time, until just incorporated. Stir in raspberry extract. Gradually stir flour, alternating with milk, into creamed butter mixture until just combined; stir in 6 drops food coloring.
- ☐ Pour batter into prepared muffin cups, filling them 3/4 full.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a cupcake comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
- ☐ Place blueberries, 1/4 cup white sugar, and cornstarch in a saucepan; bring to a boil. Cook, stirring constantly, until thickened, 3 to 5 minutes.
- ☐ Remove from heat and allow to cool to room temperature.

- ☐
- Cut a small hole in the top center of each cupcake. Pipe the blueberry filling mixture into the holes.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:7.46, Inflammation Score:-2, Nutrition Score:2.7669565185257%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.97mg, Petunidin: 0.97mg, Petunidin: 0.97mg, Petunidin: 0.97mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 225.8kcal (11.29%), Fat: 9.04g (13.91%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 32.92g (11.97%), Sugar: 24.4g (27.11%), Cholesterol: 36.29mg (12.1%), Sodium: 51.56mg (2.24%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.79g (5.58%), Selenium: 5.53µg (7.9%), Vitamin B1: 0.09mg (5.92%), Vitamin B2: 0.09mg (5.54%), Folate: 22.17µg (5.54%), Vitamin A: 227.87IU (4.56%), Iron: 0.79mg (4.37%), Manganese: 0.09mg (4.29%), Vitamin B3: 0.64mg (3.22%), Calcium: 31.48mg (3.15%), Fiber: 0.77g (3.08%), Phosphorus: 30.34mg (3.03%), Vitamin B5: 0.16mg (1.65%), Vitamin B12: 0.09µg (1.47%), Vitamin E: 0.22mg (1.45%), Vitamin D: 0.21µg (1.37%), Zinc: 0.18mg (1.21%), Copper: 0.02mg (1.12%), Vitamin K: 1.08µg (1.03%), Magnesium: 4.09mg (1.02%)