



Sour Cream Cupcakes

READY IN



90 min.

SERVINGS



16

CALORIES



135 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 2 eggs
- 1.5 cups flour all-purpose
- 0.3 cup cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 0.3 cup vegetable shortening crisco® (such as)
- 0.8 cup sugar white

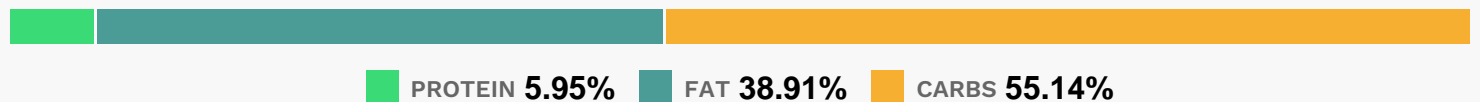
Equipment

- bowl
- oven
- whisk
- wire rack
- toothpicks

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease muffin pans or line with paper liners.
- Whisk the flour, baking powder, and baking soda together in a bowl; set aside.
- Beat the shortening and sugar together in a bowl until creamy. Beat in the eggs one at a time, followed by the sour cream and vanilla extract. Stir in the flour mixture until no dry lumps remain.
- Pour into the prepared muffin pans.
- Bake in the preheated oven until golden and a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool completely on a wire rack before serving.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:13.14, Inflammation Score:-1, Nutrition Score:2.6582608788234%

Nutrients (% of daily need)

Calories: 134.84kcal (6.74%), Fat: 5.87g (9.03%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 18.39g (6.69%), Sugar: 9.6g (10.67%), Cholesterol: 23.29mg (7.76%), Sodium: 79.92mg (3.47%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 2.02g (4.04%), Selenium: 5.9µg (8.42%), Vitamin B1: 0.1mg (6.4%), Folate: 24.32µg (6.08%), Vitamin B2: 0.09mg (5.48%), Manganese: 0.08mg (4.15%), Iron: 0.71mg (3.92%), Calcium: 39.22mg (3.92%), Phosphorus: 38.16mg (3.82%), Vitamin B3: 0.7mg (3.51%), Vitamin E: 0.34mg (2.3%), Vitamin K: 2.4µg (2.28%), Vitamin B5: 0.18mg (1.81%), Fiber: 0.32g (1.27%), Vitamin A: 59.55IU (1.19%), Zinc: 0.17mg (1.13%), Copper: 0.02mg (1.13%)