



Southern Red Velvet Cupcakes

 Vegetarian

READY IN



95 min.

SERVINGS



48

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup sticks butter unsalted
- ☐ 0.8 cup buttermilk room temperature
- ☐ 4 cups confectioners' sugar
- ☐ 8 ounces cream cheese
- ☐ 2 eggs
- ☐ 2.5 cups flour
- ☐ 2 tablespoons food coloring red

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 0.5 tablespoon vanilla extract
- ☐ 4 teaspoons vanilla extract pure
- ☐ 1.3 cups vegetable oil
- ☐ 1 tablespoon distilled vinegar white

Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Line mini cupcake or muffin pans with 48 mini cupcake liners or line regular-size cupcake or muffin pans with 24 regular cupcake liners.
- ☐ In mixing bowl, sift together the flour, sugar, baking soda, cocoa powder, and salt. In another mixing bowl, stir together the eggs and oil. In a mixing cup, mix together the buttermilk, food coloring, vinegar, and vanilla extract and lightly whisk. Gradually add the dry ingredients and buttermilk mixture to the egg mixture, starting and ending with the dry ingredients. We are trying to achieve a dark brown, red cupcake color, so add more cocoa powder, if the red is not deep enough. Then add the batter to the mini cupcake liners until they are 3/4-full and bake for 13 to 14 minutes, or until done. Alternately, fill the regular-size cupcake liners and bake 22 minutes, or until done.
- ☐ Let the cupcakes cool completely.
- ☐ Combine the sugar, cream cheese, butter, salt, and vanilla extract in a large mixing bowl and blend for 2 minutes.

Nutrition Facts



 **PROTEIN 3.61%**  **FAT 40.68%**  **CARBS 55.71%**

Properties

Glycemic Index:5.27, Glycemic Load:8.08, Inflammation Score:-2, Nutrition Score:1.8973913166834%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 154.88kcal (7.74%), Fat: 7.1g (10.92%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 21.58g (7.85%), Sugar: 16.47g (18.3%), Cholesterol: 22.17mg (7.39%), Sodium: 117.88mg (5.13%), Alcohol: 0.16g (100%), Alcohol %: 0.45% (100%), Protein: 1.42g (2.83%), Selenium: 3.51µg (5.01%), Vitamin A: 197.73IU (3.95%), Vitamin B2: 0.06mg (3.75%), Vitamin B1: 0.06mg (3.68%), Folate: 13.63µg (3.41%), Manganese: 0.06mg (2.99%), Vitamin K: 2.7µg (2.57%), Phosphorus: 22.37mg (2.24%), Iron: 0.4mg (2.2%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.28mg (1.84%), Copper: 0.03mg (1.33%), Calcium: 12.71mg (1.27%), Fiber: 0.29g (1.17%), Vitamin B5: 0.1mg (1.04%), Magnesium: 4.17mg (1.04%), Vitamin D: 0.16µg (1.04%)