

Spice Cupcakes

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



235 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 12 tablespoons butter
- 0.5 cup cornstarch
- 4 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 4 pinches nutmeg
- 0.5 cup milk

- 4 pinches salt
- 1.3 cups sugar
- 1 teaspoon vanilla extract

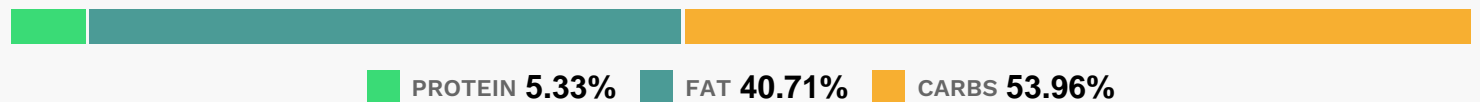
Equipment

- bowl
- oven
- hand mixer
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 15 muffin cups with paper muffin liners.
- Sift the flour, cornstarch, baking powder, cinnamon, nutmeg, and salt together in a bowl.
- Beat the butter and sugar with an electric mixer in a large bowl until light and fluffy.
- Add the eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla with the last egg.
- Mix in the flour mixture alternately with the milk.
- Pour the batter into the prepared muffin cups.
- Bake in the preheated oven until golden and the tops spring back when lightly pressed, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:19.65, Inflammation Score:-3, Nutrition Score:3.8856521904792%

Nutrients (% of daily need)

Calories: 234.94kcal (11.75%), Fat: 10.74g (16.52%), Saturated Fat: 6.36g (39.78%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 31.53g (11.46%), Sugar: 18.33g (20.37%), Cholesterol: 68.7mg (22.9%), Sodium: 252.55mg (10.98%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 3.16g (6.33%), Selenium: 8.34µg (11.92%), Vitamin

B2: 0.13mg (7.9%), Vitamin B1: 0.11mg (7.26%), Folate: 28.94µg (7.23%), Vitamin A: 357.09IU (7.14%), Manganese: 0.12mg (6.19%), Phosphorus: 60.54mg (6.05%), Calcium: 54.66mg (5.47%), Iron: 0.9mg (4.98%), Vitamin B3: 0.77mg (3.83%), Vitamin B12: 0.17µg (2.79%), Vitamin B5: 0.28mg (2.78%), Vitamin E: 0.4mg (2.65%), Vitamin D: 0.32µg (2.16%), Fiber: 0.5g (2.01%), Zinc: 0.3mg (1.97%), Copper: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.57%), Magnesium: 6.23mg (1.56%), Potassium: 46.97mg (1.34%)