



Spiced Apple Cupcakes

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



163 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 large eggs at room temperature
- 2.5 cups flour all-purpose
- 3 cups gala apple shredded (4 medium apples)
- 2 cups granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.8 cup buttermilk low-fat at room temperature

- 1 teaspoon salt fine
- 8 tablespoons butter unsalted plus more for coating the muffin pans if needed at room temperature (1 stick)
- 1 teaspoon vanilla extract

Equipment

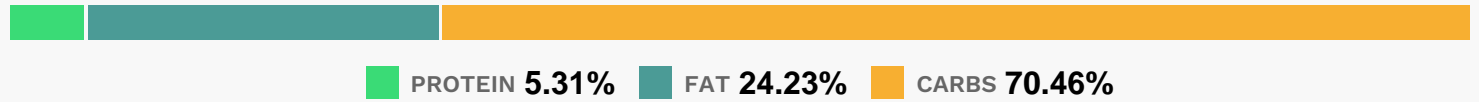
- bowl
- oven
- whisk
- blender
- toothpicks
- stand mixer

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Line 2 (12-well) muffin pans with paper liners. Alternatively, coat the wells with butter; set aside.
- Combine the flour, baking powder, salt, cinnamon, and ginger in a medium bowl and whisk to aerate and break up any lumps; set aside.
- Place the butter in the bowl of a stand mixer fitted with a paddle attachment and beat on medium-high speed until very light in color, about 2 minutes.
- Add the sugar and vanilla and continue beating until the mixture is airy, about 2 minutes.
- Add the eggs one at a time and mix until well combined, about 1 minute. Turn off the mixer and scrape down the paddle and the sides of the bowl. Set the mixer on low speed, slowly pour in the buttermilk, and mix until combined, about 15 seconds (the batter will look curdled, but it's fine).
- Add the reserved flour mixture and mix until just combined, about 15 seconds.
- Remove the bowl from the mixer and fold in the shredded apples and any accumulated liquid until just combined, about 1 minute. Fill the muffin wells about three-quarters full (about 1/4 cup per well).
- Place the muffin pans side by side on the rack and bake until a toothpick inserted into the center of the cupcakes comes out clean, rotating the pans front to back and side to side halfway through the baking time, about 20 to 25 minutes total.

Remove the cupcakes from the pans and let cool completely on wire racks before frosting.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:19.48, Inflammation Score:-2, Nutrition Score:3.0204347838526%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 163.01kcal (8.15%), Fat: 4.47g (6.88%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 28.51g (10.37%), Sugar: 18.69g (20.77%), Cholesterol: 25.83mg (8.61%), Sodium: 150.37mg (6.54%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.2g (4.41%), Selenium: 6.02µg (8.59%), Vitamin B1: 0.11mg (7.29%), Folate: 26.78µg (6.69%), Vitamin B2: 0.1mg (6.12%), Manganese: 0.12mg (5.91%), Iron: 0.76mg (4.21%), Vitamin B3: 0.8mg (3.99%), Phosphorus: 39.24mg (3.92%), Calcium: 35.34mg (3.53%), Vitamin A: 151.22IU (3.02%), Fiber: 0.76g (3.02%), Vitamin B5: 0.16mg (1.57%), Copper: 0.03mg (1.46%), Potassium: 50.24mg (1.44%), Magnesium: 5.29mg (1.32%), Vitamin E: 0.19mg (1.28%), Zinc: 0.19mg (1.28%), Vitamin B6: 0.02mg (1.11%), Vitamin B12: 0.06µg (1.03%), Vitamin D: 0.15µg (1.02%)