



Strawberry and Mascarpone Filled Cupcakes

READY IN



85 min.

SERVINGS



12

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 2 cups confectioners' sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 8 ounce mascarpone cheese chilled
- ☐ 0.5 cup strawberries frozen thawed drained
- ☐ 0.3 cup sugar
- ☐ 1 box vanilla cake donut holes french (like Duncan Hines Moist Deluxe Vanilla cake)
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

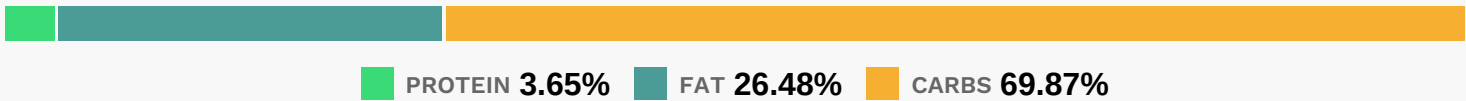
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ microwave
- ☐ spatula
- ☐ muffin tray
- ☐ pastry bag

Directions

- ☐ Special equipment: 1 muffin tin
- ☐ Make the cupcakes according to package instructions. Lightly grease the muffin tin and fill the batter almost to the rim of each muffin cup.
- ☐ Bake according to package directions and let cool.
- ☐ In a food processor combine the mascarpone cheese, strawberries, 1/4 cup sugar, and lemon juice. Process the mixture until smooth.
- ☐ Transfer the strawberry mixture to a pastry bag fitted with a small tip. Push the tip gently into the bottom of a cupcake and squeeze in the strawberry mixture until the cupcake plumps. Continue with the remaining cupcakes.
- ☐ In a small saucepan bring the 1/2 cup sugar, water, and vanilla extract to a simmer over medium heat. Simmer until the sugar is dissolved. In a medium bowl combine the vanilla syrup with the confectioner's sugar. Stir until smooth. Working quickly, use a rubber spatula spread the icing on the top of the cupcakes. If the icing begins to firm up, place in the microwave for a few seconds to warm up again.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:3.05, Inflammation Score:-2, Nutrition Score:4.0421739142874%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 342.32kcal (17.12%), Fat: 10.13g (15.58%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 60.12g (20.04%), Net Carbohydrates: 59.52g (21.64%), Sugar: 42.21g (46.91%), Cholesterol: 18.9mg (6.3%), Sodium: 309.75mg (13.47%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 3.14g (6.29%), Phosphorus: 146.75mg (14.68%), Calcium: 122.27mg (12.23%), Folate: 31.85µg (7.96%), Vitamin B1: 0.1mg (6.35%), Vitamin B2: 0.1mg (5.88%), Manganese: 0.11mg (5.67%), Selenium: 3.88µg (5.54%), Vitamin A: 265.39IU (5.31%), Vitamin B3: 1.05mg (5.27%), Iron: 0.88mg (4.89%), Vitamin C: 4.01mg (4.86%), Vitamin E: 0.39mg (2.63%), Fiber: 0.6g (2.39%), Copper: 0.04mg (2.03%), Magnesium: 5.68mg (1.42%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.14mg (1.36%), Vitamin K: 1.3µg (1.23%), Potassium: 38.16mg (1.09%)