



Strawberry Cupcakes with Lemon Zest Cream Cheese Icing

 Vegetarian

READY IN



90 min.

SERVINGS



14

CALORIES



317 kcal

DESSERT

Ingredients

- 2 cups confectioners' sugar sifted
- 8 ounce cream cheese softened
- 3 eggs
- 1 teaspoon honey
- 0.5 teaspoon juice of lemon fresh
- 0.5 teaspoon lemon zest
- 1 cup strawberries frozen

- 1 box betty delights super strawberry cake mix betty crocker® (such as)
- 0.3 cup butter unsalted at room temperature
- 0.5 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 1 cup water
- 1 tablespoon sugar white

Equipment

- food processor
- bowl
- oven
- blender
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 325 degrees F (165 degrees C). Line 14 cupcake cups with paper liners.
- To make strawberry puree, pulse frozen strawberries in blender or food processor until evenly chopped.
- Add 2 tablespoons water, honey, 1/2 teaspoon lemon zest, and sugar. Blend until smooth.
- Beat cake mix, 1 cup water, eggs, and vegetable oil in a large bowl with an electric mixer on low speed until moistened; increase mixer speed to medium and beat for 2 minutes. Beat lemon zest into batter. Fill prepared cupcake cups 2/3 full. Drop a spoonful of strawberry puree into the center of each portion of cupcake batter.
- Bake cupcakes in preheated oven until golden and the tops spring back when lightly pressed, 18 to 22 minutes. A toothpick inserted near the center should come out clean.
- Let cupcakes cool for at least 30 minutes.
- To make icing, place cream cheese and butter in a bowl and beat with an electric mixer until smooth.

Mix in confectioners' sugar; blend in vanilla extract, lemon juice, and lemon zest. Refrigerate icing until cupcakes are cool enough to frost. Frost cooled cupcakes with icing.

Nutrition Facts

PROTEIN 3.78% FAT 39.23% CARBS 56.99%

Properties

Glycemic Index:13.53, Glycemic Load:1.29, Inflammation Score:-2, Nutrition Score:3.5408695677052%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.56mg, Pelargonidin: 2.56mg, Pelargonidin: 2.56mg, Pelargonidin: 2.56mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 317.46kcal (15.87%), Fat: 13.86g (21.32%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 45.07g (16.39%), Sugar: 34.27g (38.08%), Cholesterol: 60.15mg (20.05%), Sodium: 274.14mg (11.92%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 3.01g (6.01%), Calcium: 81.85mg (8.18%), Vitamin B2: 0.14mg (8.07%), Vitamin C: 6.21mg (7.53%), Vitamin A: 371.06IU (7.42%), Vitamin B1: 0.1mg (6.44%), Selenium: 4.48µg (6.4%), Iron: 0.76mg (4.2%), Phosphorus: 39.5mg (3.95%), Vitamin K: 3.74µg (3.56%), Vitamin E: 0.49mg (3.27%), Folate: 12.84µg (3.21%), Vitamin B3: 0.64mg (3.19%), Vitamin B5: 0.25mg (2.55%), Manganese: 0.05mg (2.29%), Vitamin B12: 0.13µg (2.11%), Vitamin D: 0.25µg (1.66%), Vitamin B6: 0.03mg (1.52%), Zinc: 0.23mg (1.5%), Potassium: 52.23mg (1.49%), Magnesium: 4.23mg (1.06%)