



Strawberry-Rhubarb Cupcakes

READY IN



110 min.

SERVINGS



12

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 1 cup strawberries fresh sliced
- ☐ 1 cup rhubarb fresh chopped
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon butter
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup milk

- ☐ 2 teaspoons vanilla
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup granulated sugar
- ☐ 1 eggs
- ☐ 2 oz cream cheese softened
- ☐ 1 tablespoon butter softened
- ☐ 2 cups powdered sugar
- ☐ 1 teaspoons milk

Equipment

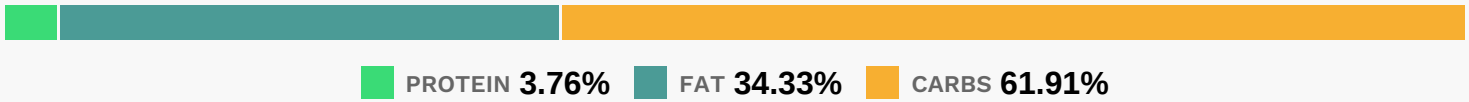
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ In 1-quart saucepan over medium heat, cook strawberries, rhubarb, 1/3 cup granulated sugar, 1 tablespoon flour and 1 tablespoon butter, stirring frequently, until mixture comes to a boil. Reduce heat; simmer 10 minutes.
- ☐ Remove from heat; transfer to small bowl. Cover and refrigerate about 1 hour or until chilled.
- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups. In small bowl, stir together 1 1/2 cups flour, the baking powder and salt; set aside. Reserve 2 tablespoons strawberry mixture for frosting. In another small bowl, stir together remaining strawberry mixture, 1/3 cup milk and the vanilla.

- ☐ In large bowl, beat 1/2 cup softened butter and 1/2 cup granulated sugar with electric mixer on medium speed about 3 minutes or until light and fluffy.
- ☐ Add egg; beat until blended.
- ☐ Add half the flour mixture then half of the strawberry mixture, beating well after each addition. Repeat with remaining flour and strawberry mixtures. (Batter will be thick.) Divide batter evenly among muffin cups.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- ☐ In medium bowl, beat cream cheese, 1 tablespoon softened butter and the reserved 2 tablespoons strawberry mixture with electric mixer on low speed until smooth. Beat in powdered sugar and enough milk until frosting is of desired spreading consistency.
- ☐ Spread frosting on cooled cupcakes.

Nutrition Facts



Properties

Glycemic Index:44.85, Glycemic Load:19.3, Inflammation Score:-4, Nutrition Score:4.9278261246889%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 309.46kcal (15.47%), Fat: 11.96g (18.4%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 48.53g (16.18%), Net Carbohydrates: 47.67g (17.33%), Sugar: 34.79g (38.65%), Cholesterol: 19.28mg (6.43%), Sodium: 236.87mg (10.3%), Alcohol: 0.23g (100%), Alcohol %: 0.29% (100%), Protein: 2.95g (5.89%), Selenium: 7.54µg (10.77%),

Vitamin A: 528.51IU (10.57%), Vitamin C: 7.89mg (9.57%), Vitamin B1: 0.14mg (9.35%), Manganese: 0.18mg (9.1%), Folate: 35.6µg (8.9%), Vitamin B2: 0.14mg (7.94%), Calcium: 61.95mg (6.19%), Phosphorus: 55.14mg (5.51%), Iron: 0.97mg (5.39%), Vitamin B3: 1.06mg (5.28%), Vitamin E: 0.52mg (3.47%), Fiber: 0.86g (3.45%), Vitamin K: 3.42µg (3.26%), Potassium: 93.84mg (2.68%), Magnesium: 8.65mg (2.16%), Vitamin B5: 0.21mg (2.15%), Copper: 0.04mg (1.89%), Zinc: 0.25mg (1.64%), Vitamin B12: 0.09µg (1.56%), Vitamin B6: 0.03mg (1.49%), Vitamin D: 0.15µg (1.02%)