



## Sunday Brunch: Chai Tea Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



257 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 bags tea black
- ☐ 1 cup cake flour sifted (not self rising)
- ☐ 1 pinch coarse salt
- ☐ 12 servings condensed milk
- ☐ 0.8 cup powdered sugar sifted
- ☐ 0.8 cup brown sugar packed
- ☐ 2 large eggs room temperature
- ☐ 1 cup flour all-purpose

- ☐ 0.3 teaspoon ground cardamom (I left out)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.8 cup milk
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 cup condensed milk sweetened
- ☐ 4 tablespoons butter unsalted room temperature ()

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

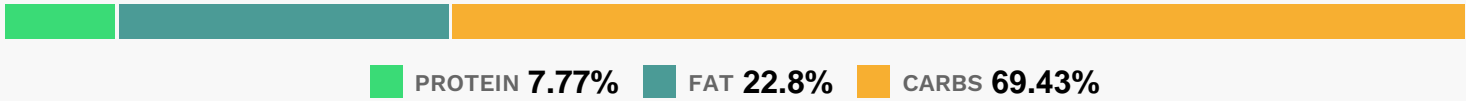
## Directions

- ☐ Preheat oven to 350°. Line tins with paper liners. Bring milk to a simmer over medium heat.
- ☐ Remove from heat, add tea bags, and let steep, covered, for 15 minutes.
- ☐ Remove tea bags, squeezing them over the pan, and discard. Allow milk to cool completely.
- ☐ Whisk together both flours, baking powder, salt, pepper, and spices. (I do not keep cake flour around, and so replaced the cake flour called for with 7/8 cup all-purpose flour plus 2 tablespoons cornstarch.)
- ☐ Cream butter and brown sugar until lightened in color and fluffy.
- ☐ Add eggs one at a time, beating until each is incorporated.
- ☐ Add flour mixture in 3 batches, alternating with two additions of tea-infused milk and beating until just combined after each.
- ☐ Divide batter evenly among lined cups, filling each 3/4 full.
- ☐ Bake until tops are pale golden and spring back when lightly touched, 10 to 12 minutes for mini cupcakes, 15 to 18 minutes for standard-size cupcakes. Turn out onto wire racks to cool

completely. Cupcakes can be frozen up to 1 month in airtight containers.

- ☐
- To finish, dip top of each cupcake in icing, then turn over quickly and let set. Cupcakes are best eaten the day they are glazed; keep at room temperature until ready to serve.
- ☐
- Condensed-Milk Icing: With an electric mixer on medium-high speed, whisk together butter, condensed milk, and salt until smooth.
- ☐
- Add 2 or 3 drops of red food coloring if you want pink icing.
- ☐
- Whisk in confectioners' sugar, 1/4 cup at a time, until combined, then whisk on high speed until thick and smooth. Use immediately.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:15.63, Inflammation Score:-2, Nutrition Score:5.206521746905%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg  
Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg  
Thearubigins: 0.14mg, Thearubigins: 0.14mg, Thearubigins: 0.14mg, Thearubigins: 0.14mg

Nutrients (% of daily need)

Calories: 256.81kcal (12.84%), Fat: 6.57g (10.11%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 45.04g (15.01%),  
Net Carbohydrates: 44.43g (16.16%), Sugar: 29.01g (32.23%), Cholesterol: 47.54mg (15.85%), Sodium: 96.32mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Selenium: 12.84µg (18.34%), Calcium: 108.6mg (10.86%), Manganese: 0.21mg (10.63%), Vitamin B2: 0.18mg (10.43%), Phosphorus: 101.09mg (10.11%),  
Vitamin B1: 0.12mg (7.67%), Folate: 28.3µg (7.07%), Iron: 0.93mg (5.18%), Vitamin A: 223.71IU (4.47%), Vitamin B5: 0.4mg (4.03%), Vitamin B3: 0.79mg (3.97%), Vitamin B12: 0.22µg (3.75%), Potassium: 128.8mg (3.68%), Magnesium: 13.23mg (3.31%), Zinc: 0.48mg (3.19%), Vitamin D: 0.43µg (2.88%), Copper: 0.05mg (2.6%), Fiber: 0.6g (2.41%),  
Vitamin B6: 0.05mg (2.27%), Vitamin E: 0.28mg (1.84%)