



Super-Easy Cupcakes



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



24

CALORIES



57 kcal

DESSERT

Ingredients



1 cup sugar



1 cup water



0.3 cup shortening



2 teaspoons vanilla



2 eggs



3 cups frangelico

Equipment



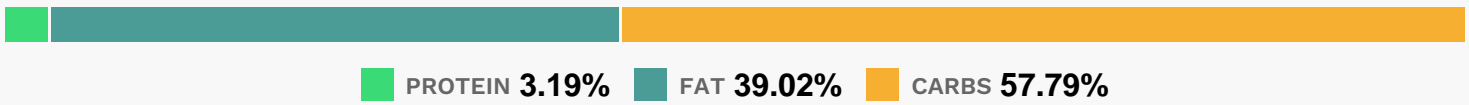
bowl

- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups, or grease and flour muffin cups.
- ☐ Beat all ingredients except Frosting in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Fill muffin cups about 1/2 full.
- ☐ Bake about 15 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan; cool. Frost.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:5.82, Inflammation Score:0, Nutrition Score:0.45217391411247%

Nutrients (% of daily need)

Calories: 57.16kcal (2.86%), Fat: 2.51g (3.86%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 8.37g (3.04%), Sugar: 8.37g (9.3%), Cholesterol: 13.64mg (4.55%), Sodium: 5.9mg (0.26%), Alcohol: 0.11g (100%), Alcohol %: 0.6% (100%), Protein: 0.46g (0.92%), Selenium: 1.18µg (1.68%), Vitamin E: 0.17mg (1.13%), Vitamin B2: 0.02mg (1.1%), Vitamin K: 1.15µg (1.09%)