



Sweet Potato Cider Cupcake with Marshmallow Frosting

READY IN



90 min.

SERVINGS



24

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 0.7 cup apple cider
- ☐ 4 cups apple cider
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 8 ounces butter room temperature (2 sticks)
- ☐ 12 tablespoons cider caramel reduction
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup brown sugar light
- ☐ 16 ounces marshmallow crème (recommended: Marshmallow Fluff)
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup pecans coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces butter salted ()
- ☐ 2 tablespoons butter salted
- ☐ 2 cups sugar
- ☐ 16 ounces sweet potatoes canned mashed drained
- ☐ 16 ounces butter unsalted (4 sticks)
- ☐ 1 vanilla pod split
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ For the cupcakes: Preheat the oven to 350 degrees F. Line regular sized cupcake pans with 24 liners. Beat the butter and sugar at medium speed with an electric mixer fitted with a whisk attachment until light and fluffy.
- ☐ Add the eggs, 1 at a time, beating after each addition. In a food processor, combine the sweet potatoes, apple cider, and vanilla. Blend until smooth. Put aside. In a bowl, combine flour with remaining dry ingredients.
- ☐ Whisk until blended.
- ☐ Add the flour mixture to the sugar mixture, alternating with the sweet potato mixture. Beat at low speed just until blended after each addition. Fill the cupcake liners three-quarters full with batter.
- ☐ Bake until golden brown, 22 to 24 minutes.
- ☐ Remove from the pan immediately. Cool completely. For the cider reduction: In a medium saucepan, bring the cider to a boil, add the vanilla bean, and cook until the cider reduces to about 2 cups, 20 to 25 minutes.
- ☐ Add the butter and sugar. Cook until the cider reduces to about 1 1/2 cups, stirring occasionally, about 10 minutes.
- ☐ Transfer the mixture to glass bowl. Cover. Refrigerate for at least 3 hours, or until reduction is cooled completely. Can be made up to 3 days in advance. Reserve half for the Marshmallow Cream Frosting and half for assembling the cupcakes. For the marshmallow frosting: In a mixer fitted with a paddle attachment, beat the butter until smooth and creamy, scraping down the bowl occasionally, about 2 minutes.
- ☐ Add the Caramel Cider Reduction and beat until incorporated.
- ☐ Remove the bowl from the mixer and fold in the marshmallow creme until incorporated. For the pecans: Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Melt the butter in a bowl in the microwave. Coat the chopped pecan with butter.
- ☐ Pour onto the prepared baking sheet and toast in the oven for 5 minutes.
- ☐ Drizzle a small amount of Caramel Cider Reduction over the top of each cupcake. Generously frost each cupcake with Marshmallow Frosting and sprinkle with Toasted Salted Pecans.

Nutrition Facts



 **PROTEIN 2.92%**  **FAT 50.03%**  **CARBS 47.05%**

Properties

Glycemic Index:28.19, Glycemic Load:27.98, Inflammation Score:-9, Nutrition Score:9.1843478731487%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 532.64kcal (26.63%), Fat: 30.53g (46.97%), Saturated Fat: 17.12g (107.01%), Carbohydrates: 64.61g (21.54%), Net Carbohydrates: 63.09g (22.94%), Sugar: 43.03g (47.82%), Cholesterol: 100.06mg (33.35%), Sodium: 242.64mg (10.55%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 4.01g (8.01%), Vitamin A: 3529.09IU (70.58%), Manganese: 0.4mg (19.91%), Selenium: 8.78µg (12.55%), Vitamin B1: 0.19mg (12.46%), Vitamin B2: 0.17mg (10.18%), Folate: 36.82µg (9.2%), Phosphorus: 76.92mg (7.69%), Iron: 1.23mg (6.83%), Vitamin E: 0.98mg (6.56%), Fiber: 1.53g (6.1%), Copper: 0.12mg (6.02%), Vitamin B3: 1.15mg (5.74%), Potassium: 185.8mg (5.31%), Calcium: 51.79mg (5.18%), Vitamin B5: 0.49mg (4.93%), Magnesium: 18.91mg (4.73%), Vitamin B6: 0.08mg (4.23%), Zinc: 0.54mg (3.57%), Vitamin D: 0.45µg (3%), Vitamin K: 2.95µg (2.81%), Vitamin B12: 0.15µg (2.51%), Vitamin C: 0.95mg (1.15%)