



Sweet Potato Cupcakes



Vegetarian



Popular

READY IN



45 min.

SERVINGS



16

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons cranberries dried chopped
- ☐ 1 egg whites
- ☐ 6 tablespoons flour all-purpose
- ☐ 6 tablespoons granulated sugar
- ☐ 0.1 teaspoon ground cardamom

- ☐ 0.1 teaspoon ground cloves
- ☐ 3 tablespoons cream cheese at room temperature reduced-fat
- ☐ 0.5 cup oat flour
- ☐ 2 tablespoons skim milk
- ☐ 0.3 cup sweet potatoes and into canned cooked
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 0.3 teaspoon vanilla extract

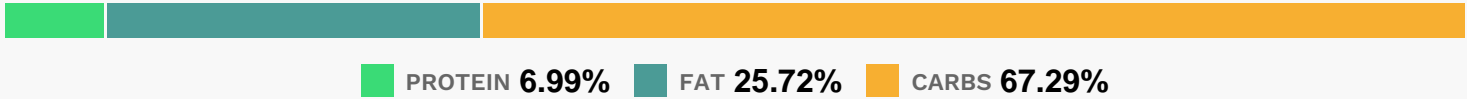
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Line 16 cups of two 12-cup mini-muffin pans with mini-muffin papers. In a bowl, combine flours and baking soda. In another bowl, cream together sugar and butter with an electric mixer on medium.
- ☐ Add eggwhite, sweet potato and vanilla; beat on low until well combined.
- ☐ Add flour mixture and milk; beat on low until just combined. Do not overmix. Fill muffin cups 2/3 full.
- ☐ Bake until a toothpick comes out clean, 15 to 18 minutes. Cool 10 minutes in pans; remove from pans and cool completely. In a third bowl, beat confectioners' sugar, cream cheese and spices until smooth. Frost cupcakes; garnish with cranberries.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:4.93, Inflammation Score:-3, Nutrition Score:2.0495652365296%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 77.73kcal (3.89%), Fat: 2.26g (3.48%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.82g (4.66%), Sugar: 8.09g (8.99%), Cholesterol: 5.34mg (1.78%), Sodium: 50.51mg (2.2%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.38g (2.77%), Manganese: 0.2mg (10.02%), Vitamin A: 358.02IU (7.16%), Selenium: 2.84µg (4.05%), Vitamin B1: 0.05mg (3.49%), Phosphorus: 28.16mg (2.82%), Vitamin B2: 0.04mg (2.25%), Fiber: 0.51g (2.03%), Magnesium: 7.41mg (1.85%), Folate: 7.28µg (1.82%), Iron: 0.32mg (1.76%), Copper: 0.03mg (1.36%), Vitamin B3: 0.25mg (1.26%), Zinc: 0.18mg (1.18%), Potassium: 39.09mg (1.12%), Calcium: 11.01mg (1.1%)