



## Sweet Tea Cupcakes with Lemon Sweet Tea Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



371 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 10 tea bags black
- 0.5 cup canola oil
- 2 cups confectioners' sugar
- 2 eggs
- 1.5 cups flour all-purpose
- 1 cup granulated sugar

- 1 lemon zest
- 0.3 teaspoon salt
- 2 sticks butter unsalted softened
- 1 teaspoon vanilla extract
- 0.8 cup milk whole

## Equipment

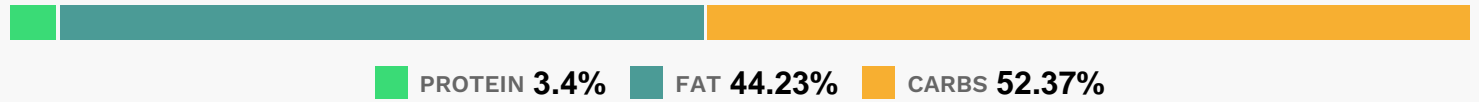
- bowl
- frying pan
- oven
- stand mixer
- microwave
- muffin liners
- muffin tray

## Directions

- For the cupcakes: Preheat the oven to 350 degrees F. Line a cupcake pan with 12 liners.
- Heat the milk in the microwave for 1 minute, stir and then add 30 more seconds.
- Place the tea bags in the milk and allow steeping for 5 minutes.
- Sift together the flour, baking soda and salt. In the bowl of an electric stand mixer fitted with a paddle attachment, mix the granulated sugar, oil, vanilla and the eggs, 1 at a time. Alternate adding the flour and only 1/2 cup of the tea until incorporated. Reserve 1/2 cup of the tea for the frosting.
- Fill the cupcake liners and bake for 15 minutes. Rotate the pan and continue until the cupcake tops spring back and a tester comes out clean, about 5 more minutes. Allow to cool completely before frosting.
- For the frosting: Cream the butter in the bowl of an electric stand mixer fitted with a paddle attachment.
- Add the lemon zest. Slowly alternate adding the confectioners' sugar and 1/2 cup reserved tea until you reach the desired frosting consistency.

Frost the cooled cupcakes and serve.

## Nutrition Facts



### Properties

Glycemic Index:15.26, Glycemic Load:20.53, Inflammation Score:-4, Nutrition Score:4.383478237235%

### Nutrients (% of daily need)

Calories: 371.21kcal (18.56%), Fat: 18.54g (28.52%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 49.38g (16.46%), Net Carbohydrates: 48.91g (17.78%), Sugar: 37.07g (41.19%), Cholesterol: 69.6mg (23.2%), Sodium: 158.87mg (6.91%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 3.21g (6.41%), Selenium: 8.25µg (11.79%), Vitamin A: 535.2IU (10.7%), Vitamin B1: 0.14mg (9.03%), Vitamin B2: 0.15mg (8.58%), Folate: 32.67µg (8.17%), Vitamin E: 0.86mg (5.73%), Manganese: 0.11mg (5.62%), Phosphorus: 51.4mg (5.14%), Iron: 0.88mg (4.9%), Vitamin B3: 0.96mg (4.78%), Vitamin D: 0.6µg (3.98%), Calcium: 30.83mg (3.08%), Vitamin B12: 0.18µg (2.99%), Vitamin K: 2.76µg (2.63%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.29mg (1.93%), Fiber: 0.47g (1.9%), Copper: 0.03mg (1.71%), Magnesium: 6.64mg (1.66%), Potassium: 56.27mg (1.61%), Vitamin B6: 0.03mg (1.51%)