



Tres Leches Cupcakes

READY IN



165 min.

SERVINGS



24

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.3 cup coconut milk canned (not cream of coconut)
- ☐ 1 cup coconut flakes flaked
- ☐ 5 egg whites
- ☐ 2.8 cups flour all-purpose
- ☐ 2 cups cup heavy whipping cream
- ☐ 1.3 cups milk
- ☐ 0.5 cup pecans chopped
- ☐ 0.8 cup pecans finely chopped

- ☐ 1 teaspoon rum extract
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup shortening
- ☐ 1.7 cups sugar
- ☐ 0.7 cup condensed milk sweetened canned (not evaporated)

Equipment

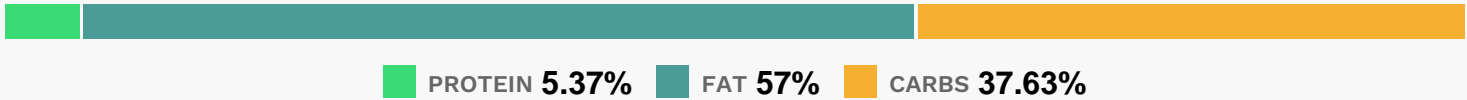
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups, grease bottom and sides of muffin cups with shortening and lightly flour, or spray with baking spray with flour. In medium bowl, mix flour, baking powder and salt; set aside.
- ☐ In large bowl, beat shortening with electric mixer on medium speed 30 seconds. Gradually add sugar, about 1/3 cup at a time, beating well after each addition and scraping bowl occasionally. Beat 2 minutes longer.
- ☐ Add egg whites, one at a time, beating well after each addition. Beat in rum extract. On low speed, alternately add flour mixture, about 1/3 of mixture at a time, and milk, about 1/2 at a time, beating just until blended. Stir in pecans. Divide batter evenly among muffin cups, filling each with about 3 tablespoons batter or until 2/3 to 3/4 full.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center of cupcake comes out clean. Cool 5 minutes; remove from pans to cooling racks. Cool 10 minutes longer.
- ☐ Poke tops of cupcakes every 1/2 inch with long-tined fork, wiping fork occasionally to reduce sticking.

- ☐
- Place cupcakes in dessert cups. In small bowl, stir sweetened condensed milk and coconut milk with whisk until smooth. Slowly spoon 2 teaspoons milk mixture evenly over top of each cupcake, allowing mixture to soak into holes and drizzle down side. Cover; refrigerate at least 2 hours or overnight, until milk mixture on tops of cupcakes is absorbed.
- ☐
- In medium deep bowl, beat whipping cream and 1 teaspoon rum extract with electric mixer on high speed until stiff peaks form. Frost each cupcake with about 2 heaping tablespoons whipped cream; sprinkle with about 2 teaspoons coconut and 1 teaspoon pecans.

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:20.8, Inflammation Score:-3, Nutrition Score:6.6043478043183%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 336.45kcal (16.82%), Fat: 21.88g (33.65%), Saturated Fat: 9.79g (61.21%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 30.93g (11.25%), Sugar: 20.33g (22.59%), Cholesterol: 26.83mg (8.94%), Sodium: 135.17mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Manganese: 0.48mg (23.8%), Selenium: 9.31µg (13.3%), Vitamin B2: 0.2mg (11.88%), Vitamin B1: 0.17mg (11.53%), Phosphorus: 98.73mg (9.87%), Calcium: 90.35mg (9.04%), Folate: 30.16µg (7.54%), Vitamin A: 338.01IU (6.76%), Copper: 0.13mg (6.48%), Fiber: 1.57g (6.26%), Iron: 1.07mg (5.97%), Magnesium: 20.08mg (5.02%), Vitamin B3: 1mg (5.01%), Vitamin E: 0.7mg (4.68%), Zinc: 0.63mg (4.19%), Vitamin K: 4.39µg (4.18%), Potassium: 144.42mg (4.13%), Vitamin B5: 0.36mg (3.62%), Vitamin D: 0.47µg (3.16%), Vitamin B6: 0.05mg (2.45%), Vitamin B12: 0.14µg (2.39%)