



Tropical Honeymoon Cupcakes

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



488 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 tablespoons butter softened
- ☐ 0.5 teaspoon coconut extract
- ☐ 2 cups confectioners' sugar
- ☐ 1 tablespoon cornstarch
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup cream of coconut
- ☐ 1 eggs

- ☐ 2 egg whites lightly beaten
- ☐ 2 egg yolks
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 12 servings granulated sugar for sprinkling
- ☐ 1.3 cups mango juice thick
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 pinch kosher salt
- ☐ 1 tablespoon orange zest finely grated
- ☐ 12 squares pineapple fresh thin
- ☐ 0.8 cup coconut or sweetened flaked
- ☐ 0.8 cup coconut or shredded sweetened
- ☐ 6 tablespoons butter unsalted softened cut into tablespoons
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vanilla extract

Equipment

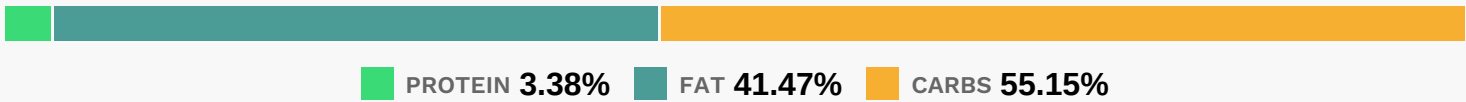
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

☐ muffin tray

Directions

- ☐ Special equipment: 12-cup muffin pan
- ☐ For the coconut cupcakes: Preheat the oven to 350 degrees F. Line a 12-cup muffin pan with cupcake liners.
- ☐ Whisk 1/4 cup water, the cream of coconut, coconut extract, vanilla extract, egg whites and egg in a large bowl until combined.
- ☐ Mix the flour, shredded coconut, granulated sugar, baking powder and salt in a large bowl with an electric mixer on low speed until combined, about 15 seconds.
- ☐ Add the butter 1 tablespoon at a time, continuing to beat on low speed until the mixture forms a ball, about 2 minutes. Stop the mixer and add half the cream of coconut mixture. Beat on low speed until the flour mixture is moistened, about 15 seconds. Increase the mixer speed to medium and beat until the batter is light and fluffy, about 45 seconds. With the mixer still running, slowly add the remaining cream of coconut mixture. Stop the mixer and scrape the sides and bottom of the bowl. Beat on medium speed for 30 seconds.
- ☐ Fill the muffin cups two-thirds full with batter.
- ☐ Bake until a toothpick inserted in centers of cupcakes comes out clean, 18 to 20 minutes. Cool the cupcakes in the pan for 10 minutes.
- ☐ Transfer to a cooling rack to cool completely before filling and frosting.
- ☐ Whisk 1/4 cup juice, egg yolks and cornstarch until smooth in a small bowl. Boil the remaining 1 cup juice, granulated sugar and salt over medium-high heat in a saucepan. Slowly add half the hot liquid to the egg yolk mixture, whisking constantly.
- ☐ Add the egg yolk mixture back into the saucepan and reduce the heat to medium. Cook until the filling thickens and boils, stirring constantly. Strain the filling through a fine mesh sieve. Cool the filling before assembling the cupcakes.

Nutrition Facts



Properties

Glycemic Index:46.14, Glycemic Load:22.29, Inflammation Score:-4, Nutrition Score:5.5686956488568%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 487.95kcal (24.4%), Fat: 22.86g (35.17%), Saturated Fat: 15.26g (95.36%), Carbohydrates: 68.42g (22.81%), Net Carbohydrates: 66.83g (24.3%), Sugar: 56.91g (63.23%), Cholesterol: 90.21mg (30.07%), Sodium: 247.77mg (10.77%), Alcohol: 0.16g (100%), Alcohol %: 0.14% (100%), Protein: 4.19g (8.38%), Selenium: 11.17µg (15.96%), Manganese: 0.3mg (14.92%), Vitamin A: 611.37IU (12.23%), Vitamin B2: 0.17mg (9.93%), Phosphorus: 78.38mg (7.84%), Folate: 28.36µg (7.09%), Vitamin B1: 0.1mg (6.87%), Fiber: 1.6g (6.39%), Calcium: 63.29mg (6.33%), Iron: 0.96mg (5.36%), Vitamin E: 0.58mg (3.88%), Vitamin B5: 0.39mg (3.87%), Vitamin B3: 0.74mg (3.7%), Potassium: 123.38mg (3.53%), Copper: 0.07mg (3.36%), Magnesium: 12.62mg (3.16%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.06mg (2.81%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.43mg (1.73%), Vitamin K: 1.3µg (1.24%)