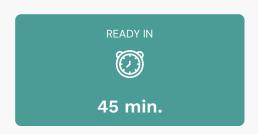


Tropical Pineapple Cupcakes

Vegetarian







DESSERT

Ingredients

Ш	1.5 cups flour
	1.5 teaspoons double-acting baking powde
	2 tablespoons butter melted
	2 pounds powdered sugar
	8 ounce cream cheese softened
	4 egg yolk
	1 cup granulated sugar

18 maraschino cherries

	1 quart milk		
	0.5 cup pineapple rings with juice crushed		
	20 ounce pineapple chunks chunk cut in half) canned		
	18 servings pineapple rings cut into wedges)		
	0.3 teaspoon salt		
	0.5 teaspoon vanilla		
	1 teaspoon vanilla extract pure		
Eq	uipment		
	bowl		
	oven		
	wire rack		
	muffin liners		
Diı	rections		
	For the Cupcakes:Preheat oven to 350 degrees.Line cupcake tin with 18 cupcake liners and set aside.In a medium bowl combine the flour, baking powder and salt.Beat together the butter and sugar until fluffy.		
	Add the vanilla and eggs one at a time until well combined.		
	Add the flour mixture alternating with the milk.		
	Mix until just combined.		
	Add 1 teaspoon of batter to the bottom of each cupcake liner.		
	Add a cherry.Top with 1 tablespoon of batter.NOTE: This batter is thick. In order to spread the batter easily dip finger tips in water. Then spread.		
	Add 4 pieces of pineapple. (that will be originally 2 chunks cut in half)Top with another tablespoon of batter.NOTE: You'll need to use the same spreading method you did for the first layer.		
	Bake 20 - 23 minutes.Cool on wire rack in cupcake pans.Frost with pineapple cream cheese frosting when completely cooled.Top with a pineapple wedge (optional).For the Pineapple Cream Cheese Frosting:Cream together the cream cheese and butter until fluffy.		

Add the vanilla and	ia pineappie and mix until well combined.		
Add the confectioners sugar 1 cup at a time. Store frosted goods in the refrigerator.			
Nutrition Facts			
	PROTEIN 4.24% FAT 18.4% CARBS 77.36%		

Properties

Glycemic Index:19.56, Glycemic Load:14.71, Inflammation Score:-3, Nutrition Score:5.6330434782609%

Taste

Sweetness: 100%, Saltiness: 12.87%, Sourness: 17.34%, Bitterness: 10.28%, Savoriness: 7.99%, Fattiness: 14.83%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 408.33kcal (20.42%), Fat: 8.53g (13.12%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 80.68g (26.89%), Net Carbohydrates: 79.75g (29%), Sugar: 70.77g (78.63%), Cholesterol: 65.58mg (21.86%), Sodium: 141.03mg (6.13%), Protein: 4.43g (8.85%), Selenium: 8.4µg (12%), Vitamin B2: 0.19mg (11.44%), Calcium: 112.95mg (11.29%), Vitamin B1: 0.16mg (10.64%), Phosphorus: 103.91mg (10.39%), Vitamin A: 371.95IU (7.44%), Folate: 27.96µg (6.99%), Vitamin B12: 0.39µg (6.54%), Vitamin D: 0.79µg (5.3%), Potassium: 160.75mg (4.59%), Iron: 0.81mg (4.48%), Vitamin B5: 0.44mg (4.38%), Vitamin B6: 0.09mg (4.31%), Vitamin C: 3.53mg (4.28%), Manganese: 0.08mg (4.03%), Magnesium: 15.93mg (3.98%), Vitamin B3: 0.79mg (3.96%), Fiber: 0.93g (3.72%), Copper: 0.07mg (3.64%), Zinc: 0.5mg (3.35%), Vitamin E: 0.29mg (1.93%)