



WHAT'SHEATE

Vanilla Bean-Coconut Cupcakes with Coconut Frosting



Vegetarian



Popular

READY IN



45 min.

SERVINGS



18

CALORIES



427 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 3 large eggs
- ☐ 2.5 cups powdered sugar
- ☐ 1 cup coconut milk room temperature (see above)
- ☐ 0.1 teaspoon salt
- ☐ 1.3 cups sugar

- ☐ 1.5 cups coconut sweetened flaked lightly toasted (for garnish)
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 26 ounce coconut milk unsweetened organic canned (preferably)
- ☐ 1 vanilla pod split

Equipment

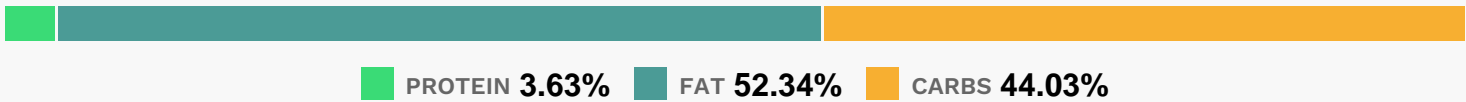
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners
- ☐ pastry bag

Directions

- ☐ Bring coconutmilk to boil in large deep saucepan overmedium-high heat (coconut milk will boilup high in pan). Reduce heat to mediumlow;boil until reduced to 1 1/2 cups, stirringoccasionally, 25 to 30 minutes.
- ☐ Remove fromheat; cool completely.
- ☐ Transfer to smallbowl. Cover; chill (coconut milk will settleslightly as it cools). DO AHEAD: Can be made2 days ahead. Keep chilled.
- ☐ Position rack in centerof oven; preheat to 350°F. Line eighteen1/3-cup muffin cups with paper liners.
- ☐ Whiskflour, baking powder, and salt in mediumbowl. Using electric mixer, beat butter inlarge bowl until smooth.
- ☐ Add sugar; beat onmedium-high speed until well blended, about2 minutes.
- ☐ Add 2 eggs, 1 at a time, beatingwell after each addition and occasionallyscraping down sides of bowl. Beat in seedsfrom vanilla bean and remaining egg.
- ☐ Addhalf of flour mixture; mix on low speed justuntil blended.
- ☐ Add 1 cup reduced coconutmilk; mix just until blended.

- ☐ Add remaining flour mixture; mix on low speed just until blended. Divide batter among muffin cups.
- ☐ Bake cupcakes until tops spring back when gently touched and tester inserted into center comes out clean, about 20 minutes.
- ☐ Transfer cupcakes in pans to rack; cool 10 minutes. Carefully remove cupcakes from pans and cool completely on rack.
- ☐ Using electric mixer, beat butter in large bowl until smooth.
- ☐ Add sugar, 1/3 cup reduced coconut milk, seeds from vanilla bean, and salt. Beat on medium-low speed until blended, scraping down sides of bowl. Increase to medium-high and beat until light and fluffy.
- ☐ Using pastry bag fitted with large star tip, pipe frosting onto cooled cupcakes. (Alternatively, top each cupcake with 2 tablespoons frosting. Using small offset spatula, swirl frosting over top of cupcakes, leaving 1/2-inch plain border.)
- ☐ Sprinkle with coconut. DO AHEAD: Can be made 1 day ahead. Store in airtight containers; chill. Bring to room temperature before serving.
- ☐ * Available at many supermarkets and at Indian, Southeast Asian, and Latin markets.

Nutrition Facts



Properties

Glycemic Index: 18.56, Glycemic Load: 18.48, Inflammation Score: -3, Nutrition Score: 7.0482608675957%

Nutrients (% of daily need)

Calories: 426.9kcal (21.34%), Fat: 25.65g (39.47%), Saturated Fat: 19.65g (122.79%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 46.58g (16.94%), Sugar: 35.14g (39.04%), Cholesterol: 58.11mg (19.37%), Sodium: 111.09mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Manganese: 0.64mg (31.92%), Selenium: 11.26µg (16.09%), Iron: 2.06mg (11.44%), Phosphorus: 105.57mg (10.56%), Folate: 38.23µg (9.56%), Copper: 0.19mg (9.41%), Vitamin B1: 0.13mg (8.5%), Fiber: 1.98g (7.91%), Magnesium: 28.98mg (7.25%), Vitamin A: 360.15IU (7.2%), Vitamin B2: 0.12mg (6.94%), Vitamin B3: 1.27mg (6.36%), Potassium: 191.01mg (5.46%), Calcium: 49.07mg (4.91%), Zinc: 0.61mg (4.1%), Vitamin B5: 0.31mg (3.07%), Vitamin E: 0.45mg (3%), Vitamin D: 0.36µg (2.37%), Vitamin B6: 0.04mg (1.99%), Vitamin B12: 0.1µg (1.59%), Vitamin C: 1.27mg (1.54%)