



Vanilla Bean Cupcakes

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



305 kcal

DESSERT

Ingredients

- 2 vanilla pod cut in half lengthwise
- 1.5 cups milk
- 2.5 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.8 cup butter unsalted softened
- 1 cup granulated sugar
- 4 eggs

- 4 cups powdered sugar
- 1 cup butter unsalted softened
- 0.1 teaspoon salt
- 0.3 cup chia seeds

Equipment

- bowl
- oven
- hand mixer
- toothpicks
- microwave
- muffin liners

Directions

- Scrape vanilla bean seeds into microwavable bowl; add beans to bowl, cover beans with 3/4 cup milk. Microwave on High 1 minute or until mixture boils.
- Let stand 15 minutes.
- Remove beans.
- Add remaining milk to warm milk mixture, stir well. Reserve 1/4 cup milk mixture.
- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups. In medium bowl, mix flour, baking powder and 1/2 teaspoon salt. In large bowl, beat 3/4 cup butter with electric mixer on medium speed 30 seconds. Gradually add sugar, beating after each addition. Beat 2 minutes longer.
- Add eggs, one at a time, beating well after each addition. Beat 2 minutes longer.
- Add eggs, one at a time, beating well. On low speed, alternately add flour mixture and milk mixture, beating just until blended. Divide batter evenly among muffin cups.
- Bake 17 to 22 minutes or until toothpick comes out clean. Cool 5 minutes.
- Remove to cooling racks. Cool completely. in large bowl beat frosting ingredients on low speed until blended, adding 1 tablespoon reserved milk mixture at time. Frost cupcakes.

Nutrition Facts

PROTEIN 4.12% FAT 44.49% CARBS 51.39%

Properties

Glycemic Index:11.46, Glycemic Load:13.4, Inflammation Score:-3, Nutrition Score:4.5360869440534%

Nutrients (% of daily need)

Calories: 305.44kcal (15.27%), Fat: 15.37g (23.65%), Saturated Fat: 9.09g (56.84%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 39g (14.18%), Sugar: 28.68g (31.87%), Cholesterol: 64.7mg (21.57%), Sodium: 132.62mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Selenium: 8.27µg (11.81%), Vitamin A: 478.9IU (9.58%), Vitamin B1: 0.13mg (8.37%), Vitamin B2: 0.13mg (7.82%), Phosphorus: 74.14mg (7.41%), Folate: 28.64µg (7.16%), Manganese: 0.14mg (7.08%), Calcium: 69.66mg (6.97%), Iron: 0.94mg (5.25%), Vitamin B3: 0.95mg (4.77%), Fiber: 0.96g (3.85%), Vitamin D: 0.56µg (3.75%), Vitamin E: 0.49mg (3.24%), Magnesium: 11.97mg (2.99%), Vitamin B12: 0.18µg (2.93%), Vitamin B5: 0.24mg (2.45%), Zinc: 0.35mg (2.32%), Copper: 0.05mg (2.26%), Potassium: 58.79mg (1.68%), Vitamin B6: 0.03mg (1.4%), Vitamin K: 1.27µg (1.21%)