



Vanilla Bean Cupcakes

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



298 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 4 eggs
- 2.5 cups flour all-purpose
- 1 cup granulated sugar
- 0.3 cup milk
- 1.5 cups milk
- 4 cups powdered sugar
- 0.1 teaspoon salt

- 0.5 teaspoon salt
- 0.8 cup butter unsalted softened
- 1 cup butter unsalted softened
- 2 vanilla pod cut in half lengthwise

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 350F (325F 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 3.95% FAT 44.21% CARBS 51.84%

Properties

Glycemic Index:13.05, Glycemic Load:13.45, Inflammation Score:-3, Nutrition Score:3.9786956517593%

Nutrients (% of daily need)

Calories: 298.36kcal (14.92%), Fat: 14.91g (22.94%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 38.98g (14.17%), Sugar: 28.8g (32.01%), Cholesterol: 65mg (21.67%), Sodium: 133.3mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Selenium: 7.34µg (10.49%), Vitamin A: 482.06IU (9.64%), Vitamin B2: 0.13mg (7.85%), Vitamin B1: 0.12mg (7.73%), Folate: 27.77µg (6.94%), Calcium: 61.62mg (6.16%), Phosphorus: 61.48mg (6.15%), Manganese: 0.09mg (4.68%), Iron: 0.81mg (4.49%), Vitamin B3: 0.8mg (4%), Vitamin D: 0.59µg (3.94%), Vitamin E: 0.48mg (3.18%), Vitamin B12: 0.19µg (3.16%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.28mg (1.84%), Magnesium: 6.35mg (1.59%), Potassium: 55.39mg (1.58%), Vitamin B6: 0.03mg (1.48%), Copper: 0.03mg (1.45%), Fiber: 0.35g (1.41%), Vitamin K: 1.27µg (1.21%)