

Vanilla Cupcake

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 0.7 cup butter softened
- ☐ 3 eggs
- ☐ 1.5 cups self-rising flour
- ☐ 0.8 cup caster sugar
- ☐ 1 teaspoon vanilla extract

Equipment

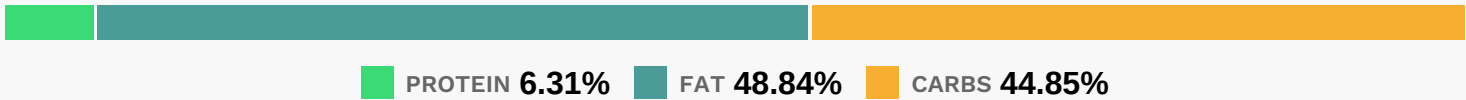
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan or line with paper baking cups.
- ☐ In a large bowl, mix butter and sugar with an electric mixer until light and fluffy, about 5 minutes. Stir in the eggs, one at a time, blending well after each one. Stir in the vanilla and flour just until mixed. Spoon the batter into the prepared cups, dividing evenly.
- ☐ Bake in the preheated oven until the tops spring back when lightly pressed, 18 to 20 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter.

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:16.07, Inflammation Score:-2, Nutrition Score:2.7178261098654%

Nutrients (% of daily need)

Calories: 211.64kcal (10.58%), Fat: 11.57g (17.81%), Saturated Fat: 6.86g (42.9%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 23.54g (8.56%), Sugar: 12.61g (14.02%), Cholesterol: 68.03mg (22.68%), Sodium: 97.18mg (4.23%), Alcohol: 0.11g (100%), Alcohol %: 0.28% (100%), Protein: 3.37g (6.73%), Selenium: 9.78µg (13.97%), Vitamin A: 374.86IU (7.5%), Manganese: 0.13mg (6.4%), Phosphorus: 39.98mg (4%), Vitamin B2: 0.07mg (3.92%), Vitamin E: 0.47mg (3.14%), Folate: 10.7µg (2.68%), Vitamin B5: 0.25mg (2.51%), Vitamin B12: 0.12µg (1.99%), Zinc: 0.29mg (1.92%), Iron: 0.34mg (1.9%), Copper: 0.04mg (1.87%), Fiber: 0.38g (1.5%), Vitamin D: 0.22µg (1.47%), Magnesium: 5.52mg (1.38%), Vitamin B6: 0.02mg (1.25%), Calcium: 11.69mg (1.17%), Vitamin B1: 0.02mg (1.17%)