



Vanilla Cupcakes

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



400 kcal

DESSERT

Ingredients

- 1.3 teaspoons double-acting baking powder
- 4 large egg whites
- 2 large eggs at room temperature
- 1.5 cups flour all-purpose
- 0.3 teaspoon salt
- 1 pinch salt
- 0.8 cup sugar
- 1 cup sugar

- 1 stick butter unsalted softened
- 2 sticks butter unsalted softened cut into pieces, (see cook's note)
- 2 teaspoons vanilla extract
- 0.7 cup milk whole at room temperature

Equipment

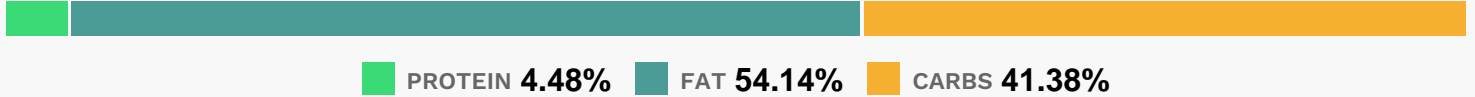
- bowl
- frying pan
- sauce pan
- oven
- whisk
- hand mixer
- toothpicks
- stand mixer
- muffin liners
- muffin tray

Directions

- Preheat the oven to 350 degrees F. Line a 12-cup muffin pan with paper liners.
- Whisk the flour, baking powder and salt in a bowl. Beat the butter and sugar in a stand mixer fitted with the paddle attachment on medium-high speed until fluffy, about 4 minutes. Beat in the eggs, one at a time, scraping down the bowl as needed. Beat in the vanilla. Reduce the mixer speed to medium low; beat in half of the flour mixture, then all of the milk, then the remaining flour mixture until just combined.
- Divide the batter among the muffin cups, filling each three-quarters full.
- Bake until a toothpick inserted into the center of a cupcake comes out clean, 18 to 20 minutes, rotating the pan halfway through.
- Transfer the pan to a rack and let cool 5 minutes, then remove the cupcakes to the rack to cool completely. Top with Frosting.
- Photograph by Levi Brown

- Whisk the egg whites, sugar and salt in a heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water) until the mixture is warm and the sugar dissolves.
- Remove the bowl from the pan; let cool slightly.
- Beat the egg white mixture in a stand mixer fitted with the whisk attachment (or with a hand mixer) on medium-high speed until stiff peaks form, 12 to 15 minutes. Beat in the butter a few pieces at a time, then continue beating until smooth. (Don't worry if the mixture looks separated at first—it will come together as you keep beating.)

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:29.33, Inflammation Score:-5, Nutrition Score:5.1134782407595%

Nutrients (% of daily need)

Calories: 399.63kcal (19.98%), Fat: 24.41g (37.55%), Saturated Fat: 15.05g (94.05%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 41.54g (15.11%), Sugar: 30.01g (33.35%), Cholesterol: 93.36mg (31.12%), Sodium: 134.86mg (5.86%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Protein: 4.55g (9.1%), Vitamin A: 772.93IU (15.46%), Selenium: 10.77µg (15.39%), Vitamin B2: 0.2mg (11.65%), Vitamin B1: 0.14mg (9.03%), Folate: 33.8µg (8.45%), Phosphorus: 64.67mg (6.47%), Manganese: 0.11mg (5.73%), Calcium: 56.11mg (5.61%), Iron: 0.95mg (5.26%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.74µg (4.93%), Vitamin B3: 0.97mg (4.85%), Vitamin B12: 0.21µg (3.42%), Vitamin B5: 0.3mg (2.99%), Potassium: 74.93mg (2.14%), Zinc: 0.31mg (2.03%), Magnesium: 8.03mg (2.01%), Vitamin K: 2.09µg (1.99%), Copper: 0.04mg (1.91%), Fiber: 0.42g (1.69%), Vitamin B6: 0.03mg (1.54%)