



Vanilla Cupcakes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 1.3 cups agave nectar
- ☐ 0.5 cup tapioca/arrowroot flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup coconut oil
- ☐ 2 cups bob's mill garbanzo bean flour
- ☐ 1 lemon zest grated
- ☐ 1 cup potato flour

- ☐ 2 teaspoons salt
- ☐ 3 tablespoons vanilla extract pure
- ☐ 1 cup water hot
- ☐ 1 teaspoon xanthan gum

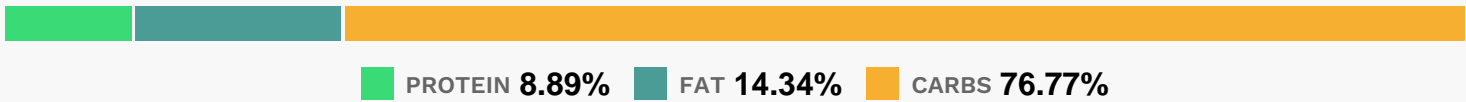
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 325°F. Line 2 standard 12-cup muffin tins with paper liners.
- ☐ In a medium bowl, whisk together the flour, potato starch, arrowroot, baking powder, baking soda, xanthan gum, and salt.
- ☐ Add the oil, agave nectar, applesauce, vanilla, and lemon zest to the dry ingredients and combine. Stir in the hot water and mix until the batter is smooth.
- ☐ Pour 1/3 cup batter into each prepared cup, almost filling it.
- ☐ Bake the cupcakes on the center rack for 22 minutes, rotating the tins 180 degrees after 15 minutes. The finished cupcakes will be golden brown and will bounce back when pressure is applied gently to the center.
- ☐ Let the cupcakes stand in the tins for 20 minutes, then transfer them to a wire rack and cool completely. Using a frosting knife, gently spread 1 tablespoon vanilla frosting over each cupcake. Store the cupcakes in an airtight container in the refrigerator for up to 3 days.
- ☐ From Babycakes by Erin McKenna, (C) 2009 Clarkson Potter

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:6.32, Inflammation Score:-2, Nutrition Score:3.7800000316423%

Nutrients (% of daily need)

Calories: 125.48kcal (6.27%), Fat: 1.95g (3%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 23.5g (7.83%), Net Carbohydrates: 21.79g (7.92%), Sugar: 9.85g (10.94%), Cholesterol: 0mg (0%), Sodium: 284.46mg (12.37%), Alcohol: 0.56g (100%), Alcohol %: 1.4% (100%), Protein: 2.72g (5.45%), Folate: 49.25µg (12.31%), Manganese: 0.2mg (9.92%), Fiber: 1.71g (6.85%), Vitamin B6: 0.13mg (6.5%), Copper: 0.11mg (5.48%), Phosphorus: 54.67mg (5.47%), Magnesium: 21.61mg (5.4%), Vitamin B1: 0.08mg (5.27%), Potassium: 155.46mg (4.44%), Calcium: 40.34mg (4.03%), Iron: 0.66mg (3.66%), Vitamin K: 3.67µg (3.49%), Vitamin C: 2.65mg (3.22%), Vitamin B3: 0.5mg (2.51%), Zinc: 0.32mg (2.16%), Vitamin B2: 0.04mg (2.11%), Selenium: 1.11µg (1.59%), Vitamin E: 0.22mg (1.48%)