



Vanilla Cupcakes



Vegetarian



Popular

READY IN



48 min.

SERVINGS



15

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 2.5 cups all purpose flour
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 2 teaspoons ener-g egg replacer powder
- ☐ 1.8 cups milk 2% (I used)
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1.5 teaspoons vanilla extract (See My Notes)

☐ 3 tablespoons water lukewarm

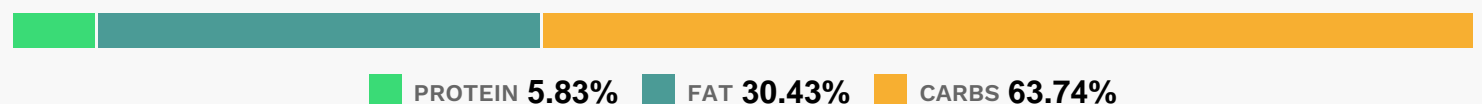
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven at 375F/190C for 15 minutes. Grease the muffin tins lightly or line it with paper liners. I brushed the inside of the liners with melted butter which gave a nice color on the sides of the cupcakes Whip the egg replacer powder and 3 tablespoons of water, preferably in a blender for better results. Or just do it hand. The mixture should be frothy.
- ☐ Add the milk and 1/4 cup of water to the egg replacer mixture and stir it well.In a large bowl, stir together the flour, baking powder, and salt. Set it aside.In another bowl, cream the butter and sugar until light and fluffy. This may take upto 2-3 minutes.
- ☐ Add the vanilla extract and remaining 1/4 cup of water, and beat well.
- ☐ Add the flour mixture and the egg replacer/milk mixture in parts alternating. (See My Notes) Beat until combined. Fill in the muffin cups 3/4th full and bake for about 20-30 minutes or until a toothpick inserted into the center of a cupcake comes out clean. Mine was done around 24 minutes (See My Notes).
- ☐ Remove from the oven and place on a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:23.81, Inflammation Score:-3, Nutrition Score:4.3973913089089%

Nutrients (% of daily need)

Calories: 214.17kcal (10.71%), Fat: 7.31g (11.24%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 33.86g (12.31%), Sugar: 18.11g (20.13%), Cholesterol: 19.68mg (6.56%), Sodium: 208.87mg (9.08%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 3.15g (6.3%), Vitamin B1: 0.18mg (11.99%), Selenium: 7.78µg (11.12%), Folate: 38.35µg (9.59%), Calcium: 88.37mg (8.84%), Vitamin B2: 0.15mg (8.72%), Manganese: 0.15mg (7.25%), Phosphorus: 67.7mg (6.77%), Vitamin B3: 1.26mg (6.32%), Iron: 1.05mg (5.84%), Vitamin A: 235.21IU (4.7%), Vitamin B12: 0.17µg (2.78%), Fiber: 0.56g (2.26%), Magnesium: 8.41mg (2.1%), Vitamin D: 0.31µg (2.09%), Vitamin B5: 0.21mg (2.06%), Potassium: 67.88mg (1.94%), Zinc: 0.27mg (1.81%), Copper: 0.03mg (1.62%), Vitamin E: 0.2mg (1.35%), Vitamin B6: 0.03mg (1.34%)