



## Vanilla Cupcakes

 Vegetarian

READY IN



30 min.

SERVINGS



20

CALORIES



162 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 315 grams flour) cake flour all-purpose
- ☐ 3 large eggs at room temperature
- ☐ 196 grams granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup vegetable oil

- ☐ 0.5 cup milk whole room temperature
- ☐ 115 grams a mix of both unsalted

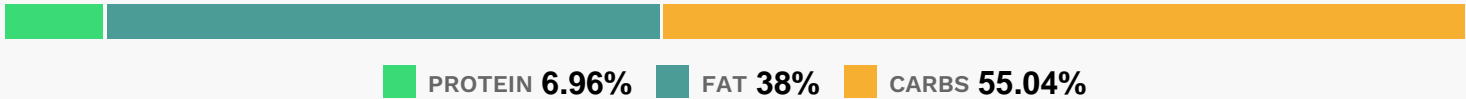
## Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ stand mixer
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 400 degrees F. You will bake the cupcakes at a lower temperature, but the oven needs to get off to a hot start.Line 20 to 24 cupcake cups with paper liners.Thoroughly mix the flour, baking powder, baking soda and salt in a bowl and set aside.Crack the eggs into a separate bowl and beat lightly with a fork.In the bowl of a stand mixer with the paddle attached, beat the butter until it is creamy.
- ☐ Add the sugar and beat for about 4 minutes.With the mixer on low or medium, gradually add the beaten eggs, about a tablespoon at a time.
- ☐ Mix together the milk, vanilla and oil.Using lowest speed of mixer OR by hand using a heavy duty scraper, add the flour mixture and milk mixture alternately, beginning and ending with flour and stirring until smooth.Divide batter among cupcake cups so that it cups are about  $\frac{3}{4}$  full.
- ☐ Put the pans in the 400 degree oven and immediately reduce heat to 35
- ☐ Bake for 20 minute or until tops spring back when lightly touched.
- ☐ Let cool completely.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:15.75, Inflammation Score:-2, Nutrition Score:3.5804347784623%

Nutrients (% of daily need)

Calories: 162.39kcal (8.12%), Fat: 6.85g (10.54%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 21.89g (7.96%), Sugar: 10.23g (11.37%), Cholesterol: 40.99mg (13.66%), Sodium: 141.97mg (6.17%), Alcohol: 0.22g (100%), Alcohol %: 0.55% (100%), Protein: 2.82g (5.64%), Selenium: 7.88µg (11.25%), Vitamin B1: 0.13mg (8.69%), Folate: 32.52µg (8.13%), Vitamin B2: 0.12mg (7.35%), Manganese: 0.11mg (5.6%), Iron: 0.91mg (5.08%), Phosphorus: 48.2mg (4.82%), Vitamin B3: 0.95mg (4.74%), Calcium: 39.15mg (3.92%), Vitamin A: 194.07IU (3.88%), Vitamin K: 2.5µg (2.38%), Vitamin B5: 0.21mg (2.13%), Vitamin E: 0.31mg (2.09%), Vitamin D: 0.3µg (2.02%), Vitamin B12: 0.11µg (1.82%), Fiber: 0.43g (1.7%), Zinc: 0.24mg (1.59%), Copper: 0.03mg (1.51%), Magnesium: 5.4mg (1.35%), Vitamin B6: 0.02mg (1.19%), Potassium: 38.98mg (1.11%)