



Vanilla Stuffed Strawberry Cupcakes

READY IN



105 min.

SERVINGS



24

CALORIES



126 kcal

DESSERT

Ingredients

- 2.5 cups milk
- 0.8 cup sugar
- 0.3 cup flour all-purpose
- 2 egg yolk
- 2 teaspoons vanilla
- 16 oz angel food cake mix
- 1.3 cups water cold
- 2 vanilla pod
- 12 large strawberries fresh cut in half, if desired

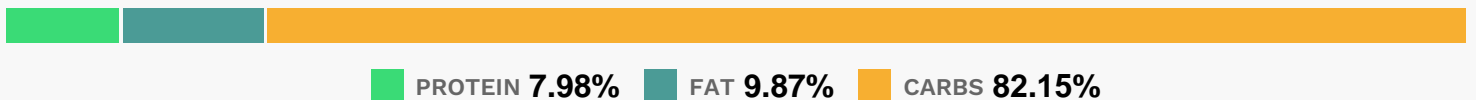
Equipment

- bowl
- sauce pan
- oven
- whisk
- plastic wrap
- hand mixer
- muffin liners

Directions

- In 3-quart heavy saucepan, stir together milk, sugar, flour and egg yolks with whisk. Cook over medium heat 10 to 12 minutes, stirring constantly, until thickened.
- Remove from heat; stir in 2 teaspoons vanilla.
- Transfer to bowl; press plastic wrap on surface of custard. Refrigerate until ready to assemble.
- Heat oven to 325°F.
- Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cake mix and water with electric mixer on low speed 30 seconds, then on medium speed 1 minute. Stir in 2 teaspoons vanilla. Spoon batter into muffin cups, filling completely full.
- Bake 20 to 25 minutes or until golden brown and cracks in tops of cupcakes appear dry. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- Scoop out centers of cupcakes, leaving 1/2-inch border on bottom and side. Spoon or pipe custard into centers of cupcakes. Top each with strawberry half. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:6.08, Inflammation Score:-1, Nutrition Score:3.1378260695416%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 125.89kcal (6.29%), Fat: 1.4g (2.16%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 25.84g (9.4%), Sugar: 19.77g (21.96%), Cholesterol: 19.25mg (6.42%), Sodium: 166.65mg (7.25%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 2.55g (5.1%), Phosphorus: 100.35mg (10.03%), Vitamin C: 7.94mg (9.62%), Calcium: 65.03mg (6.5%), Vitamin B2: 0.11mg (6.27%), Selenium: 4.38µg (6.26%), Manganese: 0.09mg (4.68%), Folate: 16.55µg (4.14%), Vitamin B12: 0.18µg (2.93%), Vitamin D: 0.36µg (2.4%), Potassium: 80.09mg (2.29%), Vitamin B1: 0.03mg (2.25%), Vitamin B5: 0.21mg (2.14%), Magnesium: 7.51mg (1.88%), Fiber: 0.41g (1.65%), Copper: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.2mg (1.35%), Vitamin A: 64.43IU (1.29%), Iron: 0.23mg (1.29%), Vitamin B3: 0.23mg (1.17%)