



Vegan Brussel Carrot Curry Cupcakes with Cream Cheese Frosting and Maple Curry Reduction

 Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



845 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups brussels sprouts grated
- 1 cup cane sugar organic
- 0.5 cup canola oil
- 1 cup carrots grated

- 0.3 teaspoon curry powder
- 2 teaspoons curry powder
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 0.3 cup maple syrup
- 0.3 cup maple syrup
- 1 cup orange juice
- 5 cups powdered sugar
- 0.8 teaspoon salt
- 1 tablespoon soy milk
- 2.3 cups unbleached flour white organic
- 1 tablespoon vanilla extract
- 2 teaspoons vanilla extract
- 0.5 cup vegan cream cheese such as tofutti
- 0.3 cup vegan margarine
- 1.5 cups vegetable shortening organic

Equipment

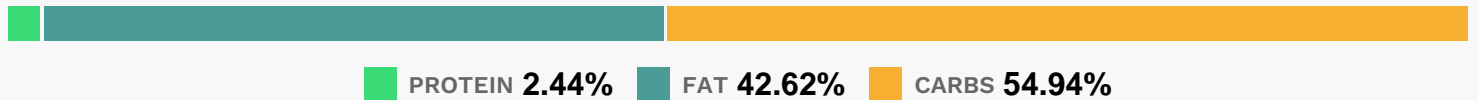
- bowl
- sauce pan
- oven
- whisk
- stand mixer
- muffin liners
- muffin tray

Directions

- For the cupcakes: Preheat the oven to 325 degrees F. Line a standard-size cupcake pan with 10 cupcake liners.

- In a large bowl, sift together the flour, baking powder, baking soda, curry powder, cinnamon, nutmeg and salt. Fold in the brussels sprouts and carrots until they are fully coated in the flour. Set aside.
- In a medium bowl, whisk together the cane sugar, orange juice, canola oil, 1/4 cup water, agave nectar and vanilla extract.
- Add these ingredients to your dry mixture and combine until everything is evenly moist.
- Fill the liners three-quarters full and bake until golden and baked through, about 15 minutes. Cool the cupcakes completely.
- For the frosting: In a stand mixer, cream together the shortening, cream cheese and margarine with the paddle attachment until light and fluffy.
- Add in the powdered sugar, vanilla extract and soy milk until blended together and fluffy.
- For the maple curry reduction: In a small saucepan, heat the maple syrup on high until thickened, about 8 minutes.
- Add in the curry powder and whisk to incorporate. Allow the mixture to cool slightly before using.
- To assemble: Generously frost your cupcakes with the cream cheese frosting and drizzle the tops with the maple curry reduction.

Nutrition Facts



Properties

Glycemic Index:52.98, Glycemic Load:32.62, Inflammation Score:-9, Nutrition Score:13.334782419969%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 845.24kcal (42.26%), Fat: 40.73g (62.66%), Saturated Fat: 10g (62.53%), Carbohydrates: 118.15g (39.38%), Net Carbohydrates: 115.36g (41.95%), Sugar: 91.06g (101.18%), Cholesterol: 0mg (0%), Sodium: 510.12mg (22.18%),

Alcohol: 0.72g (100%), Alcohol %: 0.38% (100%), Protein: 5.24g (10.48%), Vitamin K: 55.79µg (53.14%), Vitamin A: 2547.98IU (50.96%), Vitamin C: 29.22mg (35.42%), Manganese: 0.56mg (28.05%), Vitamin E: 3.93mg (26.21%), Selenium: 12.59µg (17.99%), Calcium: 113.1mg (11.31%), Fiber: 2.79g (11.17%), Vitamin B2: 0.18mg (10.65%), Folate: 33.09µg (8.27%), Phosphorus: 77.58mg (7.76%), Vitamin B1: 0.1mg (6.61%), Potassium: 223.1mg (6.37%), Iron: 1.1mg (6.13%), Vitamin B6: 0.1mg (4.98%), Copper: 0.1mg (4.82%), Magnesium: 19.24mg (4.81%), Vitamin B5: 0.47mg (4.75%), Vitamin B3: 0.77mg (3.85%), Zinc: 0.46mg (3.06%)