



Vegan Creme Brulee Buttermilk Cupcakes

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



540 kcal

DESSERT

Ingredients

- 6 tablespoons apple sauce
- 1 tablespoon double-acting baking powder
- 3 tablespoons brown sugar organic
- 0.3 cup cane sugar organic
- 1.5 cups cane sugar organic
- 13.5 ounce coconut milk canned
- 1 teaspoon juice of lemon
- 4 cups powdered sugar

- 0.5 cup sugar raw for bruleeing
- 0.1 teaspoon salt
- 0.8 teaspoon salt
- 0.3 cup soy milk
- 6 ounces soy milk
- 4 tablespoons tapioca flour
- 2.3 cups unbleached flour white organic
- 1.5 teaspoons vanilla extract
- 2 tablespoons vanilla extract
- 0.3 cup vegan margarine
- 6 ounces vegan margarine
- 0.7 cup vegetable shortening organic

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- toothpicks
- blow torch
- stand mixer
- microwave
- muffin liners

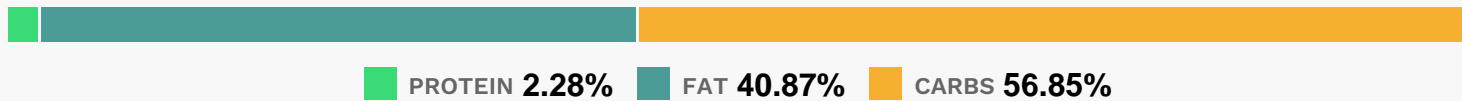
Directions

- Preheat the oven to 325 degrees F. Line standard-size cupcake pans with 16 cupcake liners.
- In a small bowl, whisk together the soy milk and lemon juice; set aside until the mixture is curdled. In a medium bowl, melt the margarine in the microwave. Once melted, add in the

cane sugar, applesauce, vanilla extract and the soy milk mixture. Sift the flour, baking powder and salt into the wet mixture and whisk together until everything is evenly incorporated with few lumps remaining.

- Fill the liners three-quarters full and bake until golden and a toothpick comes out clean, about 15 minutes. Cool completely.
- To assemble: Using a large round frosting tip, pipe a generous amount of Creme Brulee Frosting onto each cupcake. Refrigerate the cupcakes until the frosting is pretty stiff, about 5 minutes.
- Place the raw sugar in a small bowl and dip the tops of the cupcakes in the sugar. Using a small kitchen blowtorch, torch the tops of the cupcakes (the raw sugar part only) until the sugar turns a dark caramel color.
- Combine 1/4 cup of the coconut milk with the soy milk, cane sugar, tapioca starch and salt.
- Whisk well to combine.
- Combine the remaining coconut milk with the brown sugar and vanilla in a small saucepan over medium heat. Bring to a simmer, stirring often.
- Add the coconut milk/tapioca starch mixture to the pan.
- Heat over medium heat, whisking continuously until thickened.
- Transfer the mixture to a glass bowl and set in the refrigerator to cool completely.
- In the bowl of a stand mixer, cream together the vegetable shortening and margarine until light and fluffy.
- Add in the powdered sugar and continue to mix until it is fluffy.
- Remove the creme brulee mixture from the fridge and add to the buttercream. Whip this mixture on high until all ingredients are fully incorporated and very fluffy.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:23.87, Inflammation Score:-4, Nutrition Score:6.2847825651583%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 539.51kcal (26.98%), Fat: 24.8g (38.16%), Saturated Fat: 9.82g (61.35%), Carbohydrates: 77.62g (25.87%), Net Carbohydrates: 76.55g (27.84%), Sugar: 61.56g (68.4%), Cholesterol: 0mg (0%), Sodium: 319.14mg (13.88%), Alcohol: 0.69g (100%), Alcohol %: 0.58% (100%), Protein: 3.11g (6.22%), Vitamin E: 3.97mg (26.44%), Manganese: 0.37mg (18.56%), Selenium: 9.15µg (13.07%), Vitamin A: 644.09IU (12.88%), Vitamin K: 13.16µg (12.54%), Calcium: 74.34mg (7.43%), Copper: 0.12mg (6.08%), Phosphorus: 58.86mg (5.89%), Iron: 0.82mg (4.54%), Fiber: 1.07g (4.28%), Vitamin B3: 0.84mg (4.22%), Folate: 14.46µg (3.62%), Magnesium: 14.21mg (3.55%), Potassium: 118.83mg (3.4%), Vitamin B2: 0.05mg (3.09%), Vitamin B12: 0.15µg (2.58%), Vitamin B6: 0.05mg (2.55%), Zinc: 0.36mg (2.37%), Vitamin C: 1.88mg (2.28%), Vitamin B1: 0.03mg (2.18%), Vitamin B5: 0.19mg (1.85%), Vitamin D: 0.17µg (1.15%)