



Vegan Iced Tea Cupcakes with Lemon-Iced Tea Frosting

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 1.5 Teaspoons double-acting baking powder
- ☐ 0.5 Teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup iced tea mix unsweetened instant
- ☐ 2 Tablespoons juice of lemon fresh

- ☐ 0.5 Teaspoon lemon zest
- ☐ 0.5 cup butter at room temperature
- ☐ 0.5 Teaspoon salt
- ☐ 1 cup soymilk plain
- ☐ 3 cups confectioner's sugar

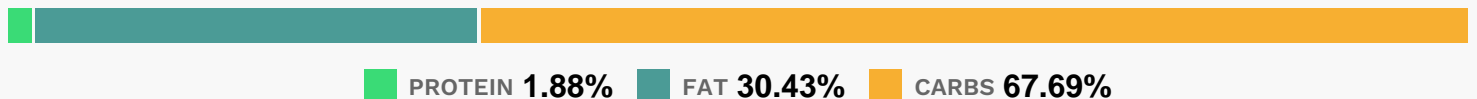
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ stand mixer
- ☐ muffin tray

Directions

- ☐ Preheat your oven to 350 degrees and line 12 muffin tins with cupcake papers.
- ☐ Whisk together the soymilk, lemon juice, and oil in a large bowl, and let sit for about 5 minutes. Meanwhile, in a separate bowl, combine the flour, iced tea mix, sugar, baking powder and soda, and salt so that all of the dry ingredients are well distributed.
- ☐ Add the dry goods into the wet, and stir just enough to incorporate everything and get out most of the lumps. Distribute the batter equally between your prepared tins, and bake for 18 – 22 minutes, until a toothpick inserted into the center of each cupcake comes out clean.
- ☐ Let cool completely before frosting. To make the frosting, simply place the margarine, confectioner's sugar, tea mix, and lemon zest in the bowl of your stand mixer, and start it on low speed. Slowly add in the lemon juice one tablespoon at a time, increasing the speed once the sugar is mostly incorporated. Whip on high for about 4 minutes, until light and fluffy. Apply to cooled cupcakes, and top with coarse sugar or pearl sugar if desired.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:50.18, Inflammation Score:-3, Nutrition Score:4.3560869667841%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 419.22kcal (20.96%), Fat: 14.56g (22.4%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 72.85g (24.28%), Net Carbohydrates: 72.4g (26.33%), Sugar: 62.53g (69.48%), Cholesterol: 0mg (0%), Sodium: 295.82mg (12.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin E: 1.89mg (12.6%), Vitamin A: 415.81IU (8.32%), Vitamin B1: 0.12mg (7.73%), Folate: 30.73µg (7.68%), Selenium: 5.24µg (7.48%), Vitamin B3: 1.42mg (7.1%), Vitamin B2: 0.12mg (7%), Calcium: 62.93mg (6.29%), Manganese: 0.11mg (5.38%), Iron: 0.79mg (4.39%), Vitamin K: 4.48µg (4.26%), Vitamin B12: 0.22µg (3.7%), Vitamin C: 2.51mg (3.04%), Phosphorus: 27.5mg (2.75%), Vitamin B6: 0.05mg (2.68%), Copper: 0.05mg (2.42%), Fiber: 0.45g (1.79%), Vitamin D: 0.24µg (1.57%), Potassium: 50.67mg (1.45%)