



WHATSheATE



## Vegan Red Velvet Cupcakes



Dairy Free



Popular

READY IN



37 min.

SERVINGS



12

CALORIES



180 kcal

DESSERT

### Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 0.3 teaspoon almond extract
- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons cocoa powder
- ☐ 1 cup non dairy milk (I used almond milk)
- ☐ 0.3 cup oil

- ☐ 2 tablespoons food coloring red (make sure that it's vegan)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

## Directions

- ☐ Preheat the oven at 350F/180C for 15 minutes. Line a 12 cup muffin tin with paper liners and grease it lightly. In a medium size bowl, mix together the milk and vinegar allowing it to curdle. This will take about 5 minutes. Meanwhile in a large bowl sift together the flour, cocoa powder, baking powder, baking soda and salt. Stir in the sugar too. Once the milk has curdled, stir in the oil, food color and the extracts.
- ☐ Whisk it well to combine. Make a well in the dry ingredients and slowly add the wet ingredients to it, stirring it until all the ingredients come together. Small lumps are okay. Take care to see that you do not over mix it otherwise you will not get fluffy cupcakes. Fill each muffin tin 3/4ths full of the batter.
- ☐ Bake it for about 16–20 minutes or until a toothpick inserted in the middle of the cupcake comes out clean or with very little crumbs is okay too. Mine were done after 17 minutes.
- ☐ Transfer the pan to a wire rack and let it remain there for 5 minutes. After that remove the cupcakes from the pan and let it cool completely before you can frost it.

## Nutrition Facts



 **PROTEIN 4.59%**  **FAT 34.19%**  **CARBS 61.22%**

Properties

Glycemic Index:25.88, Glycemic Load:19.07, Inflammation Score:-2, Nutrition Score:3.980869549772%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 179.65kcal (8.98%), Fat: 6.91g (10.63%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 27.1g (9.86%), Sugar: 17.28g (19.2%), Cholesterol: 0mg (0%), Sodium: 170.69mg (7.42%), Alcohol: 0.26g (100%), Alcohol %: 0.54% (100%), Protein: 2.09g (4.17%), Vitamin E: 1.59mg (10.62%), Vitamin B1: 0.12mg (7.68%), Folate: 30.39µg (7.6%), Selenium: 5.09µg (7.27%), Vitamin B3: 1.44mg (7.19%), Vitamin B2: 0.11mg (6.43%), Manganese: 0.12mg (6.22%), Iron: 0.85mg (4.7%), Vitamin K: 4.5µg (4.28%), Calcium: 40.68mg (4.07%), Copper: 0.08mg (3.82%), Vitamin B12: 0.21µg (3.54%), Fiber: 0.74g (2.96%), Vitamin B6: 0.05mg (2.64%), Phosphorus: 23.91mg (2.39%), Magnesium: 7.18mg (1.8%), Vitamin C: 1.42mg (1.72%), Potassium: 56.13mg (1.6%), Vitamin D: 0.24µg (1.57%), Vitamin A: 77.29IU (1.55%), Zinc: 0.2mg (1.32%)