



Vegan Strawberry Cupcakes



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup canola oil
- ☐ 8 oz strawberries frozen
- ☐ 0.8 cup sugar
- ☐ 1.8 cups unbleached all purpose flour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon distilled vinegar white

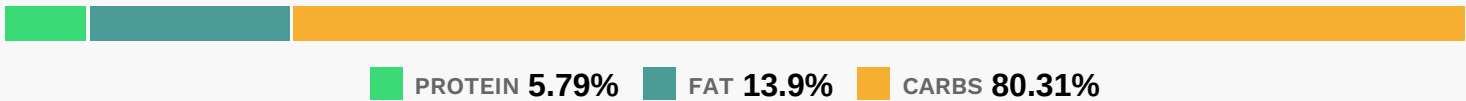
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Grease/line a muffin tin or grease a 9 inch loaf pan. In a large bowl combine together the flour, baking soda and sugar. In another bowl, mix the oil, vinegar and vanilla. I pureed the strawberries in a blender, because I was not sure if my son would like to bite of chunks of strawberry in the muffin.
- ☐ Add the pureed strawberry also to the oil mixture and stir to combine. Create a well in the center of the dry ingredients and add the wet ingredients. Stir together but do not over stir.
- ☐ Pour the batter into the prepared muffin tins. I got exactly 12 muffins.
- ☐ Bake for about 22 minutes or until a toothpick inserted into the center comes out clean. If baking a loaf bake it for 40–45 minutes and check for the doneness.
- ☐ Remove from the oven and place on a wire rack to cool. When cool, frost the cupcakes and top each with a whole strawberry.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:9.16, Inflammation Score:-2, Nutrition Score:3.7960869924206%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin:

0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 138.23kcal (6.91%), Fat: 2.14g (3.3%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 26.98g (9.81%), Sugar: 13.49g (14.99%), Cholesterol: 0mg (0%), Sodium: 91.94mg (4%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 2.01g (4.02%), Vitamin C: 11.11mg (13.47%), Manganese: 0.2mg (9.96%), Vitamin B1: 0.15mg (9.84%), Folate: 37.9µg (9.47%), Selenium: 6.34µg (9.05%), Vitamin B3: 1.15mg (5.75%), Vitamin B2: 0.1mg (5.7%), Iron: 0.93mg (5.17%), Fiber: 0.87g (3.48%), Vitamin E: 0.42mg (2.82%), Phosphorus: 24.3mg (2.43%), Copper: 0.04mg (1.83%), Vitamin K: 1.8µg (1.72%), Magnesium: 6.52mg (1.63%), Potassium: 49.19mg (1.41%), Zinc: 0.16mg (1.04%), Vitamin B5: 0.1mg (1.04%)