



Vegan Vanilla Cupcakes

 Dairy Free

READY IN



33 min.

SERVINGS



10

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons apple-cider vinegar
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup non-dairy milk (I used rice milk)
- ☐ 0.5 cup oil (I used avocado oil)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup sugar white

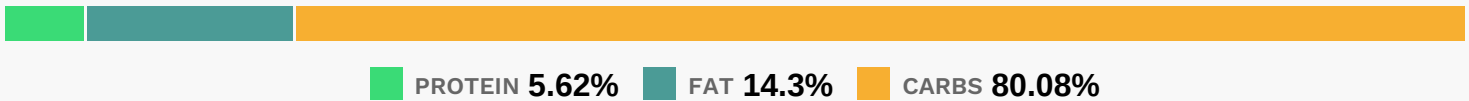
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350F/180C. Line a 12-cup muffin pan with paper liners.In a large bowl, whisk together the dry ingredients.In another bowl, whisk together the wet ingredients.
- ☐ Pour the wet mix into the dry mixture and stir until just combined. Do not over-mix.Fill the cupcake liners about tow-thirds full with batter.
- ☐ Bake for about 18-20 minutes, or until a toothpick inserted in the center of the cupcake and comes out clean.
- ☐ Let the cupcakes cool completely on a wire rack before frosting.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:24.51, Inflammation Score:-2, Nutrition Score:3.7613043210105%

Nutrients (% of daily need)

Calories: 176.86kcal (8.84%), Fat: 2.78g (4.28%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 34.45g (12.53%), Sugar: 20.63g (22.93%), Cholesterol: 0mg (0%), Sodium: 235.41mg (10.24%), Alcohol: 0.45g (100%), Alcohol %: 0.78% (100%), Protein: 2.46g (4.92%), Vitamin B1: 0.16mg (10.55%), Folate: 39.98µg (9.99%), Selenium: 6.89µg (9.84%), Vitamin B3: 1.7mg (8.48%), Vitamin B2: 0.13mg (7.82%), Manganese: 0.14mg (6.97%), Iron: 0.98mg (5.42%), Vitamin B12: 0.19µg (3.19%), Vitamin E: 0.46mg (3.05%), Calcium: 28.22mg (2.82%), Copper: 0.05mg (2.57%), Vitamin B6: 0.05mg (2.49%), Fiber: 0.58g (2.31%), Phosphorus: 20.57mg

(2.06%), Vitamin C: 1.27mg (1.54%), Vitamin D: 0.21µg (1.42%), Potassium: 49.56mg (1.42%), Vitamin A: 69.56IU (1.39%), Zinc: 0.18mg (1.19%), Magnesium: 4.43mg (1.11%)