



Vermont Maple Spice Cupcakes

READY IN



35 min.

SERVINGS



10

CALORIES



697 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1.3 teaspoons baking soda
- 1.5 cups brown sugar packed
- 0.3 cup butter softened
- 0.5 cup butter softened
- 8 ounces cream cheese softened
- 2 eggs
- 2.3 cups flour all-purpose
- 2 teaspoons ground cinnamon

- 0.8 teaspoon ground cloves
- 0.5 teaspoon nutmeg
- 3 tablespoons maple syrup pure
- 18 pecans for garnish
- 0.5 cup pecans chopped
- 2 cups powdered sugar
- 0.3 teaspoon salt
- 1 cup cream sour
- 1 teaspoon vanilla
- 0.3 cup shortening
- 0.5 cup water

Equipment

- oven
- mixing bowl
- hand mixer
- toothpicks

Directions

- For the cupcakes: Preheat oven to 350 degrees and line cupcake pans with 18 paper baking cups. In a medium mixing bowl stir together flour, baking soda, baking powder, salt, cinnamon, cloves, and nutmeg, set aside. In a large mixing bowl with an electric mixer on medium speed cream butter, shortening, and sugar until fluffy. Beat in eggs. Beat in sour cream and water. On low speed gradually add flour mixture and beat until smooth. Stir in nuts. Divide batter between baking cups.
- Bake until a toothpick inserted into the center comes out clean, about 20 minutes.
- Let cupcakes cool in pans for 10 minutes.
- Transfer cupcakes to cooling racks to cool completely. For the frosting: In a medium mixing bowl with an electric mixer on medium speed, beat cream cheese and butter until smooth. Gradually add powdered sugar.

- Add vanilla and maple syrup and beat until smooth and creamy. Frost cooled cupcakes with frosting and top each cupcake with a pecan half.

Nutrition Facts



PROTEIN 3.87% FAT 47.8% CARBS 48.33%

Properties

Glycemic Index:42.55, Glycemic Load:17.5, Inflammation Score:-6, Nutrition Score:10.830869633219%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 697.12kcal (34.86%), Fat: 37.75g (58.07%), Saturated Fat: 17.75g (110.94%), Carbohydrates: 85.89g (28.63%), Net Carbohydrates: 84.13g (30.59%), Sugar: 61.22g (68.02%), Cholesterol: 105.82mg (35.27%), Sodium: 449.77mg (19.56%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 6.87g (13.74%), Manganese: 0.86mg (42.98%), Selenium: 16.06µg (22.94%), Vitamin B2: 0.37mg (21.6%), Vitamin B1: 0.29mg (19.33%), Vitamin A: 926.56IU (18.53%), Folate: 61.65µg (15.41%), Calcium: 126.99mg (12.7%), Phosphorus: 125.06mg (12.51%), Iron: 2.05mg (11.39%), Vitamin B3: 1.86mg (9.28%), Copper: 0.17mg (8.35%), Vitamin E: 1.23mg (8.19%), Fiber: 1.76g (7.05%), Magnesium: 26.28mg (6.57%), Vitamin B5: 0.63mg (6.29%), Zinc: 0.92mg (6.15%), Potassium: 197.8mg (5.65%), Vitamin K: 5.45µg (5.19%), Vitamin B6: 0.08mg (4.04%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.18µg (1.17%)