



Walnut Cupcakes with Maple Frosting

READY IN



45 min.

SERVINGS



12

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 6 tablespoons butter softened
- ☐ 0.5 cup buttermilk
- ☐ 2 cups cake flour
- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 0.5 cup granulated sugar

- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts divided toasted chopped
- ☐ 0.3 cup water

Equipment

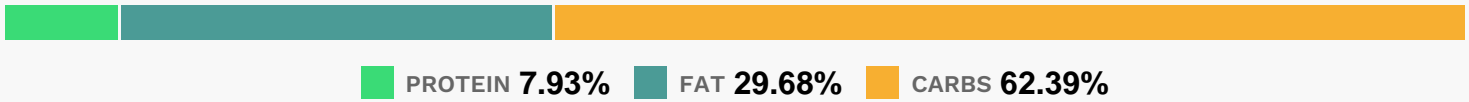
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a medium bowl; beat with a mixer at medium speed.
- ☐ Add eggs, 1 at a time, beating well after each addition. Stir in vanilla. Increase speed to high; beat for 1 minute.
- ☐ Weigh flour.
- ☐ Combine flour and next 3 ingredients (through cinnamon), stirring well.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture, beating until just combined. Stir in 1/3 cup walnuts.
- ☐ Place 12 muffin cup liners in muffin cups; divide batter evenly among cups.

- ☐ Bake at 350 for 19 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. (Cupcakes will look slightly pale.) Cool in pan 5 minutes.
- ☐ Remove from pan; cool on wire rack.
- ☐ Place cream of tartar and egg whites in a large bowl; beat with a mixer at high speed until soft peaks form.
- ☐ Combine maple sugar, 1/4 cup water, and dash of salt in a small saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 23
- ☐ Gradually pour hot sugar syrup into egg white mixture, beating until stiff peaks form.
- ☐ Spread about 3 rounded tablespoonfuls frosting over each cupcake.
- ☐ Sprinkle with remaining 2 tablespoons nuts.

Nutrition Facts



Properties

Glycemic Index:26.1, Glycemic Load:24.53, Inflammation Score:-2, Nutrition Score:4.5569565446804%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 291.45kcal (14.57%), Fat: 9.74g (14.99%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 45.35g (16.49%), Sugar: 30.47g (33.86%), Cholesterol: 62.65mg (20.88%), Sodium: 187.83mg (8.17%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 5.86g (11.71%), Selenium: 14.59µg (20.85%), Manganese: 0.3mg (14.79%), Vitamin B2: 0.13mg (7.92%), Phosphorus: 68.04mg (6.8%), Copper: 0.11mg (5.51%), Vitamin A: 260.12IU (5.2%), Folate: 17.07µg (4.27%), Vitamin B5: 0.38mg (3.75%), Magnesium: 14.83mg (3.71%), Calcium: 35.53mg (3.55%), Iron: 0.6mg (3.31%), Potassium: 114.96mg (3.28%), Zinc: 0.49mg (3.28%), Fiber: 0.74g (2.96%), Vitamin B12: 0.18µg (2.94%), Vitamin B6: 0.05mg (2.73%), Vitamin E: 0.41mg (2.72%), Vitamin B1: 0.04mg (2.54%), Vitamin D: 0.38µg (2.53%), Vitamin B3: 0.29mg (1.43%)