



White Mountain Coconut Cupcakes

READY IN



42 min.

SERVINGS



12

CALORIES



295 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 1.3 cups cake flour white
- 0.5 cup coconut milk
- 0.3 teaspoon cream of tartar
- 3 large egg whites
- 2 large eggs room temperature
- 1.3 cups granulated sugar
- 0.1 teaspoon salt

- 2 cups coconut or sweetened flaked lightly toasted
- 8 tablespoons butter unsalted room temperature
- 1 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- oven
- mixing bowl
- double boiler
- hand mixer
- muffin liners

Directions

- Preheat oven to 350 degrees F. Line 12 cupcake cups with paper liners.
- Mix the flour, baking powder and salt in a bowl and set aside. In a mixing bowl, using an electric mixer, beat the butter and sugar for about five minutes.
- Add the eggs, one at a time, beating well after each egg.
- Add the vanilla and beat well. With a spoon or heavy duty scraper, stir in half the flour. When flour is blended, stir in the coconut milk. Stir until blended, then add the rest of the flour mixture and stir until smooth. Divide evenly among cupcake cups and bake for about 22 minutes or until cupcakes spring back when touched. To make the icing, put the sugar, water, egg whites and cream of tartar in the top of a double boiler. Alternatively, you can use a metal bowl and set it over simmering water. Using handheld electric mixer, beat on high until foamy (about 1 minute).
- Place the top part of the double boiler (or bowl) over simmering water and beat on high speed for about 7 minutes or until frosting holds firm peaks.
- Remove from heat and stir in extracts. Beat another two minutes. Put large spoonfuls of icing on the cupcakes.
- Sprinkle generously with the coconut.

Nutrition Facts

■ PROTEIN 5.61% ■ FAT 43.75% ■ CARBS 50.64%

Properties

Glycemic Index:27.17, Glycemic Load:21, Inflammation Score:-2, Nutrition Score:4.1882608370936%

Nutrients (% of daily need)

Calories: 295.27kcal (14.76%), Fat: 14.64g (22.52%), Saturated Fat: 10.61g (66.3%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 36.4g (13.24%), Sugar: 26.2g (29.12%), Cholesterol: 51.07mg (17.02%), Sodium: 128.59mg (5.59%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 4.22g (8.44%), Selenium: 11.88µg (16.97%), Manganese: 0.32mg (15.86%), Fiber: 1.72g (6.86%), Phosphorus: 63.15mg (6.32%), Vitamin A: 278.5IU (5.57%), Vitamin B2: 0.09mg (5.4%), Copper: 0.1mg (4.95%), Iron: 0.85mg (4.7%), Magnesium: 17.12mg (4.28%), Potassium: 123.61mg (3.53%), Calcium: 32.76mg (3.28%), Folate: 10.57µg (2.64%), Zinc: 0.39mg (2.57%), Vitamin B5: 0.25mg (2.45%), Vitamin E: 0.36mg (2.37%), Vitamin D: 0.31µg (2.04%), Vitamin B12: 0.1µg (1.62%), Vitamin B3: 0.31mg (1.55%), Vitamin B6: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.25%)