



Zucchini Cupcakes with Cream Cheese Frosting

 Vegetarian

READY IN



100 min.

SERVINGS



24

CALORIES



305 kcal

DESSERT

Ingredients

- 2 tablespoons double-acting baking powder
- 0.5 cup butter softened
- 1 cup coconut oil
- 4 cups confectioners' sugar
- 8 ounce cream cheese softened
- 3 eggs
- 1.3 cups flour all-purpose

- 1 tablespoon ground cinnamon
- 1 tablespoon vanilla extract
- 1 cup walnuts chopped
- 2 cups sugar white
- 0.7 cup pastry flour whole-wheat
- 2 cups zucchini shredded

Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 24 muffin cups, or line with paper muffin liners.
- Sift all-purpose flour, whole-wheat flour, baking powder, and cinnamon together in a bowl.
- Beat sugar, coconut oil, eggs, and vanilla extract together in a large bowl with an electric mixer on medium speed until smooth, about 4 minutes; fold in zucchini and walnuts. Stir flour mixture into egg mixture until batter is well mixed. Fill prepared muffin cups with batter about half full.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 25 minutes. Cool in the pans for 15 minutes before removing to cool completely on a wire rack.
- Beat cream cheese and butter together with an electric mixer in a bowl until smooth. Gradually beat confectioners' sugar into cheese mixture until frosting is light and fluffy.
- Spread frosting over completely cooled cupcakes.

Nutrition Facts



■ PROTEIN 4.26% ■ FAT 36.7% ■ CARBS 59.04%

Properties

Glycemic Index:15.67, Glycemic Load:15.99, Inflammation Score:-3, Nutrition Score:5.1065216790075%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 305.11kcal (15.26%), Fat: 12.83g (19.74%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 45.29g (16.47%), Sugar: 37.07g (41.18%), Cholesterol: 40.17mg (13.39%), Sodium: 175.67mg (7.64%), Alcohol: 0.19g (100%), Alcohol %: 0.25% (100%), Protein: 3.35g (6.7%), Manganese: 0.43mg (21.56%), Selenium: 7.45µg (10.65%), Calcium: 84.53mg (8.45%), Phosphorus: 84.49mg (8.45%), Vitamin B2: 0.11mg (6.64%), Vitamin B1: 0.1mg (6.48%), Folate: 25.03µg (6.26%), Vitamin A: 297.72IU (5.95%), Copper: 0.12mg (5.83%), Iron: 0.89mg (4.94%), Fiber: 1.15g (4.61%), Magnesium: 17.8mg (4.45%), Vitamin B6: 0.08mg (3.75%), Vitamin B3: 0.7mg (3.49%), Zinc: 0.45mg (3.02%), Potassium: 92.37mg (2.64%), Vitamin B5: 0.24mg (2.44%), Vitamin C: 1.93mg (2.33%), Vitamin E: 0.33mg (2.22%), Vitamin B12: 0.08µg (1.3%), Vitamin K: 1.32µg (1.26%)