



Zucchini Cupcakes with Tangy Buttercream Frosting

READY IN



60 min.

SERVINGS



24

CALORIES



352 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 3 cups cake flour such as softasilk
- 1 cup t brown sugar dark packed
- 4 large eggs at room temperature
- 1 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg freshly ground

- 0.8 cup pecans toasted finely chopped
- 1.8 cups powdered sugar
- 0.3 teaspoon salt fine
- 1 cup nonfat greek yogurt plain at room temperature
- 1 pound butter unsalted at room temperature
- 1 tablespoon vanilla extract
- 1 cup vegetable oil
- 3 cups zucchini grated ends trimmed (3 to 4 medium zucchini)

Equipment

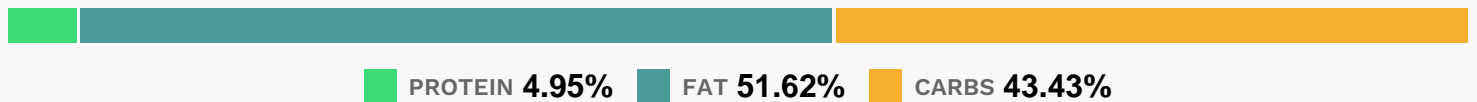
- bowl
- oven
- whisk
- plastic wrap
- toothpicks
- stand mixer
- spatula

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Line 2 (12-well) muffin pans with paper liners.
- Place the flour, baking powder, cinnamon, baking soda, nutmeg, and salt in a large bowl and whisk to aerate and break up any lumps; set aside.
- Combine the eggs, sugars, oil, and vanilla in a second large bowl and whisk until the eggs are broken up and the mixture is thoroughly combined. Using a rubber spatula, fold in the flour mixture until just combined. Fold in the zucchini until evenly mixed. Fill the muffin wells about three-quarters of the way.
- Place the muffin pans side by side in the oven and bake for 11 minutes. Rotate the pans front to back and side to side and bake until a toothpick inserted into the center of the cupcakes comes out clean, about 11 minutes more.

- Place the pans on wire racks and let them cool for 5 minutes.
- Place the butter and sugar in the bowl of a stand mixer fitter with a paddle attachment and beat on low speed until the sugar is incorporated, about 30 seconds. Increase the speed to medium high and beat until the mixture is light in color, about 3 minutes. Stop the mixer and scrape down the sides of the bowl and the paddle. Return the mixer to medium-high speed and add the vanilla and salt.
- Add the yogurt 1/3 cup at a time until all of it has been added, then continue mixing until the frosting is evenly combined and light in texture, about 3 minutes. (It's very important that the yogurt is at room temperature when you begin, or the frosting will seize and form clumps.) Frost the cooled cupcakes and sprinkle them with the nuts. If you don't plan to eat the cupcakes within 4 hours, refrigerate them until the frosting hardens, then tent loosely with plastic wrap for up to 3 days. To serve, let the cupcakes sit at room temperature for about 45 minutes to take the chill off before serving.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:13.29, Inflammation Score:-4, Nutrition Score:4.9943478418433%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 352.16kcal (17.61%), Fat: 20.55g (31.61%), Saturated Fat: 10.51g (65.68%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 38g (13.82%), Sugar: 26.72g (29.69%), Cholesterol: 72.05mg (24.02%), Sodium: 117.68mg (5.12%), Alcohol: 0.19g (100%), Alcohol %: 0.22% (100%), Protein: 4.43g (8.86%), Manganese: 0.33mg (16.26%), Selenium: 10.14µg (14.49%), Vitamin A: 551.09IU (11.02%), Phosphorus: 68.03mg (6.8%), Vitamin B2: 0.1mg (5.87%), Vitamin E: 0.8mg (5.35%), Vitamin K: 5.55µg (5.29%), Calcium: 49.31mg (4.93%), Copper: 0.09mg (4.55%), Folate: 14.75µg (3.69%), Fiber: 0.9g (3.61%), Magnesium: 13.84mg (3.46%), Vitamin C: 2.81mg (3.41%), Zinc: 0.5mg (3.33%), Potassium: 110.62mg (3.16%), Vitamin B5: 0.32mg (3.16%), Vitamin B6: 0.06mg (3.09%), Vitamin B1: 0.05mg (3.08%), Iron: 0.55mg (3.04%), Vitamin D: 0.45µg (3%), Vitamin B12: 0.16µg (2.74%), Vitamin B3: 0.31mg (1.54%)