



Zucchini Ginger Cupcakes

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup confectioners sugar
- ☐ 8 oz cream cheese softened
- ☐ 1.8 oz crystallized ginger coarsely chopped
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.8 cup mild honey
- ☐ 0.8 cup mild olive oil
- ☐ 0.5 teaspoon orange zest fresh finely grated
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla
- ☐ 2 cups coarsely zucchini grated (2 medium)

Equipment

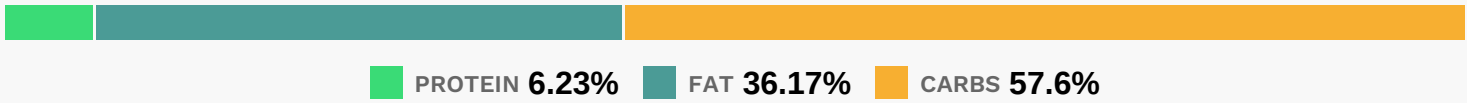
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ skewers
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Line muffin cups with liners.
- ☐ Pulse crystallized ginger in food processor until finely ground, then add flour, ground ginger, cinnamon, zest, salt, baking soda, and baking powder and pulse until combined.
- ☐ Whisk together zucchini, oil, honey, eggs, and vanilla in a medium bowl, then stir in flour mixture until just combined.
- ☐ Divide batter among muffin cups and bake until golden and a wooden pick or skewer inserted in center of a cupcake comes out clean, 20 to 24 minutes.
- ☐ Cool in pan on a rack 10 minutes.
- ☐ Remove cupcakes from pan and cool completely, 1 hour.

- ☐ Beat together frosting ingredients with an electric mixer at high speed until combined well and fluffy, 3 to 5 minutes.
- ☐ Frost tops of cooled cupcakes.

Nutrition Facts



Properties

Glycemic Index:22.19, Glycemic Load:21, Inflammation Score:-4, Nutrition Score:6.0608696263769%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 296.76kcal (14.84%), Fat: 12.16g (18.71%), Saturated Fat: 5.7g (35.64%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 42.71g (15.53%), Sugar: 26.78g (29.75%), Cholesterol: 55.11mg (18.37%), Sodium: 377.85mg (16.43%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 4.71g (9.42%), Selenium: 11.56µg (16.52%), Vitamin B2: 0.21mg (12.6%), Folate: 49.24µg (12.31%), Manganese: 0.24mg (12.2%), Vitamin B1: 0.18mg (12.06%), Vitamin A: 399.09IU (7.98%), Iron: 1.36mg (7.57%), Phosphorus: 72.37mg (7.24%), Vitamin B3: 1.38mg (6.92%), Vitamin E: 0.73mg (4.88%), Vitamin C: 3.92mg (4.75%), Calcium: 42.35mg (4.24%), Vitamin B5: 0.39mg (3.87%), Vitamin B6: 0.07mg (3.68%), Potassium: 126.59mg (3.62%), Fiber: 0.88g (3.51%), Zinc: 0.47mg (3.13%), Vitamin K: 3.19µg (3.04%), Copper: 0.06mg (2.99%), Magnesium: 11.81mg (2.95%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.2µg (1.34%)