## **Applesauce Cupcakes**

Ladies Home Journal - Delicious Desserts

## Servings: 18

1 cup sugar
1/3 cup shortening
1 1/3 cups applesauce
2 cups all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
3/4 cup raisins
1 recipe Penuche Frosting (see recipe in Desserts/Cakes)

Preparation Time: 30 minutes

Bake: 18 minutes

Preheat the oven to 375 degrees.

Line eighteen 2-1/2-inch muffin cups with paper baking cups. Set aside.

In a large mixing bowl, beat the sugar and shortening with a mixer on medium until well mixed. Beat in the applesauce. (The mixture will appear curdled.)

In a small bowl, stir together the flour, baking powder, cinnamon, baking soda, nutmeg and cloves. Beat into the applesauce mixture. Stir in the raisins.

Spoon the batter into the prepared muffin cups, filling each two-thirds full.

Bake for 18 to 20 minutes or until a wooden toothpick inserted in the center comes out clean.

Cool in the muffin cups on a wire rack for 5 minutes. Remove from the muffin cups. Cool on a wire rack.

Per Serving (excluding unknown items): 160 Calories; 4g Fat (21.8% calories from fat); 2g Protein; 30g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 77mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

**Desserts** 

Calories (kcal):	160	Vitamin B6 (mg):	trace
% Calories from Fat:	21.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	74.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	22mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0 0 0%
Cholesterol (mg):	0mg	V. DATIEA	11119/2
Carbohydrate (g):	30g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	77mg	Vegetable:	0
Potassium (mg):	73mg	Fruit:	1/2
Calcium (mg):	30mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	1
Vitamin C (mg):	1mg	•	
Vitamin A (i.u.):	3IÚ		
Vitamin A (r.e.):	1/2RE		

## **Nutrition Facts**

Servings per Recipe: 18

Amount Per Serving			
Calories 160	Calories from Fat: 35		
	% Daily Values*		
Total Fat 4g	6%		
Saturated Fat 1g	5%		
Cholesterol 0mg	0%		
Sodium 77mg	3%		
Total Carbohydrates 30g	10%		
Dietary Fiber 1g	4%		
Protein 2g			
Vitamin A	0%		
Vitamin C	1%		
Calcium	3%		
Iron	5%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.