# Applesauce Cupcakes 

Ladies Home Journal - Delicious Desserts

## Servings: 18

1 cup sugar
1/3 сир 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 cuр raisins
1 recipe Penuche Frosting (see recipe
in Desserts/Cakes)

Preparation Time: $\mathbf{3 0}$ 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; 4 g Fat (21.8\% calories from fat); 2 g Protein; 30g Carbohydrate; 1g Dietary Fiber; Omg Cholesterol; 77mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

## Desserts

| Calories (kcal): | 160 |
| :---: | :---: |
| \% Calories from Fat: | 21.8\% |
| \% Calories from Carbohydrates: | 74.2\% |
| \% Calories from Protein: | 4.1\% |
| Total Fat (g): | 4 g |
| Saturated Fat (g): | 1 g |
| Monounsaturated Fat (g): | 2 g |
| Polyunsaturated Fat (g): | 1 g |
| Cholesterol (mg): | Omg |
| Carbohydrate (g): | 30 g |
| Dietary Fiber (g): | 1 g |
| Protein (g): | 2 g |
| Sodium (mg): | 77 mg |
| Potassium (mg): | 73 mg |
| Calcium (mg): | 30 mg |
| Iron (mg): | 1 mg |
| Zinc (mg): | trace |
| Vitamin C (mg): | 1 mg |
| Vitamin A (i.u.): | 31 U |
| 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 4 g | 6\% |
| Saturated Fat 1g | 5\% |
| Cholesterol 0mg | 0\% |
| Sodium 77mg | 3\% |
| Total Carbohydrates $\quad 30 \mathrm{~g}$ | 10\% |
| Dietary Fiber 1g | 4\% |
| Protein 2g |  |
| Vitamin A | 0\% |
| Vitamin C | 1\% |
| Calcium | 3\% |
| Iron | 5\% |

[^0]
[^0]:    * Percent Daily Values are based on a 2000 calorie diet.

