



Absinthe, Almond, Black Currant and Cherry Cupcakes with Poppy Seeds

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



370 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup almond flour loosely-packed
- 2 teaspoons double-acting baking powder
- 0.8 cup blackcurrants black
- 3 cups blackcurrants black
- 1 cup butter
- 1 pound butter cold at room temperature (slightly moist on the outside but inside)

- 0.7 cup cherries drained chopped
- 5 egg whites
- 2 eggs
- 1.5 cups flour all-purpose
- 2 drops drop natural food coloring green
- 2 tablespoons premium fruit pectin such as sure-jell
- 1 cup grape juice
- 0.3 cup cup heavy whipping cream
- 0.5 teaspoon poppy seeds
- 0.5 cup port wine
- 0.3 teaspoon salt
- 1 Dash salt
- 1 cup sugar
- 1.3 cup sugar
- 0.5 vanilla pod seeded
- 2 tablespoons vanilla extract
- 0.7 cup frangelico
- 0.7 cup frangelico

Equipment

- bowl
- sauce pan
- oven
- whisk
- mixing bowl
- blender
- double boiler
- hand mixer
- muffin liners

Directions

- Preheat the oven to 325 degrees F.
- Place 24 cupcake liners in cupcake pans. In an electric mixer with the paddle attachment, cream the butter and sugar for 2 minutes. Scrape down the sides of the bowl, and then add the eggs one at a time.
- Add the almond extract and food coloring. In a separate bowl, combine the absinthe and heavy whipping cream. In another bowl, sift the flour, baking powder and salt. Turn the mixer to the lowest setting, and then add the almond meal, flour mixture and absinthe mixture, alternating the ingredients, starting with the dry and ending with the dry. Scrape down the bowl to make sure all the ingredients are fully combined.
- Add the currants, cherries and poppy seeds, and fold by hand into the batter. Fill the cupcake liners with 2 1/2 ounces of cupcake batter.
- Bake for 21 minutes. After cooling, frost with the Port Wine Black Currant Swiss Merengue Buttercream. This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.
- Combine and dissolve the currants, grape juice, sugar and pectin in saucepan. Cook on medium to high heat, stirring constantly. When the mixture reaches a boil, continue to cook for 2 minutes. Cool in the refrigerator. For the buttercream: Dissolve the sugar, egg whites, salt and vanilla bean seeds over a double boiler. Lightly whisk until the egg white mixture is hot to the touch.
- Pour the hot whites into a room-temperature mixing bowl and whip with a whisk attachment on high until stiff peaks form and the mixture is double in volume.
- Cut the butter into 2-inch pieces. Change to a paddle attachment and slowly add a few pieces of butter at a time. Continue beating until the mixture begins to look light and fluffy. Stop the mixer and scrape the bowl. Reduce the speed to low.
- Add the vanilla extract and continue to beat on LOW speed for 45 seconds. Once thoroughly combined, slowly add the port wine and 1/2 cup black current preserves, and then beat on medium to high speed until all ingredients are fully combined, an additional 45 to 60 seconds.

Nutrition Facts

  

 PROTEIN **3.34%**  FAT **62.05%**  CARBS **34.61%**

Properties

Glycemic Index:18.09, Glycemic Load:17.61, Inflammation Score:-6, Nutrition Score:5.6617391368617%

Flavonoids

Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg Delphinidin: 16.08mg, Delphinidin: 16.08mg, Delphinidin: 16.08mg, Delphinidin: 16.08mg Malvidin: 5.92mg, Malvidin: 5.92mg, Malvidin: 5.92mg, Malvidin: 5.92mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 369.82kcal (18.49%), Fat: 25.68g (39.51%), Saturated Fat: 15.37g (96.05%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 31.55g (11.47%), Sugar: 21.48g (23.87%), Cholesterol: 77.41mg (25.8%), Sodium: 264.02mg (11.48%), Alcohol: 1.15g (100%), Alcohol %: 1.33% (100%), Protein: 3.11g (6.21%), Vitamin C: 31.97mg (38.75%), Vitamin A: 808.49IU (16.17%), Selenium: 5.53µg (7.9%), Manganese: 0.14mg (7.11%), Vitamin B2: 0.12mg (6.77%), Vitamin E: 0.9mg (6.02%), Vitamin B1: 0.08mg (5.21%), Iron: 0.94mg (5.2%), Calcium: 49.59mg (4.96%), Phosphorus: 45.87mg (4.59%), Folate: 17.44µg (4.36%), Potassium: 115.84mg (3.31%), Vitamin B3: 0.57mg (2.86%), Fiber: 0.68g (2.71%), Magnesium: 10.17mg (2.54%), Copper: 0.05mg (2.27%), Vitamin B5: 0.23mg (2.26%), Vitamin K: 2.22µg (2.12%), Vitamin B12: 0.09µg (1.51%), Vitamin B6: 0.03mg (1.45%), Zinc: 0.21mg (1.4%)