



Almond Coffee Cupcakes with Kahlua Liqueur

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

DESSERT

Ingredients

- 0.3 cup almond flour
- 40 g butter melted
- 0.3 cup rum / brandy / coffee liqueur
- 2 egg whites
- 6 servings chocolate icing
- 0.5 cup powdered sugar
- 2 tsp coffee instant
- 2 tbsp flour plain sifted

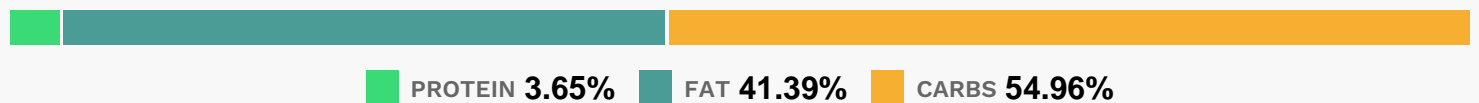
Equipment

- bowl
- oven
- whisk
- wire rack
- skewers
- muffin tray
- mini muffin tray

Directions

- Preheat oven to 180C (335F).
- Place the flour, sugar, almond meal, coffee, butter and egg whites in a bowl and mix well combine with a hand whisk.Spoon mixture into 6 lightly greased or use cooking spray on medium size muffin pan or 12 mini muffin pan and bake for 20–25 minutes or until cooked when tested with a skewer.
- Drizzle with the liqueur (about 1/2 tablespoon on each cake) and set aside for 2 minutes before turning out on a wire rack to cool.Decorate with chocolate icing on top (I used Wilton chocolate icing) or just dust with some icing sugar.You can serve them warm or store it in an airtight container for 2–3 days.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:9.56, Inflammation Score:-1, Nutrition Score:1.77%

Nutrients (% of daily need)

Calories: 279.31kcal (13.97%), Fat: 12.33g (18.96%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 36.26g (13.18%), Sugar: 32.3g (35.88%), Cholesterol: 14.33mg (4.78%), Sodium: 112.15mg (4.88%), Alcohol: 2.13g (11.85%), Caffeine: 10.47mg (3.49%), Protein: 2.44g (4.89%), Vitamin B2: 0.15mg (8.54%), Selenium: 3.04µg (4.35%), Vitamin K: 4.12µg (3.92%), Vitamin E: 0.58mg (3.9%), Vitamin A: 166.6IU (3.33%), Fiber: 0.56g (2.25%), Iron: 0.37mg (2.04%), Folate: 7.42µg (1.85%), Vitamin B3: 0.32mg (1.58%), Vitamin B1: 0.02mg

(1.55%), Calcium: 13.89mg (1.39%), Manganese: 0.02mg (1.21%), Potassium: 42.1mg (1.2%), Phosphorus: 11.85mg (1.18%)