



Almond Cupcakes with Raspberry Glaze, Swiss Meringue, and Stacked Almond Cakes

READY IN



75 min.

SERVINGS



48

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 7 ounces almond paste
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 bar bittersweet chocolate dark for garnish
- ☐ 5 large egg whites
- ☐ 3 eggs
- ☐ 5 eggs

- ☐ 1 cup flour all-purpose
- ☐ 2.3 cups flour all-purpose
- ☐ 48 servings purple vegetable dye
- ☐ 48 servings vegetable dye green
- ☐ 8 ounces milk
- ☐ 48 servings peach vegetable dye
- ☐ 1 pint raspberries fresh for garnish
- ☐ 0.5 cup raspberry jam seedless
- ☐ 48 servings raspberry jam for garnish
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.8 cups sugar
- ☐ 1 cup caster sugar
- ☐ 2 cups caster sugar
- ☐ 0.8 cups butter unsalted softened ()
- ☐ 1.5 cups butter unsalted softened (3 sticks)
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ muffin liners

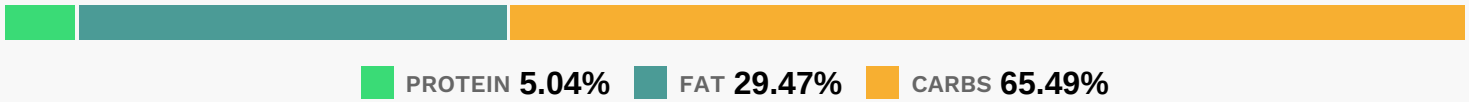
- ☐ pastry bag
- ☐ pastry brush
- ☐ pastry cutter

Directions

- ☐ Preheat the oven to 350 degrees F. Line mini cupcake pans with 48 mini cupcake liners.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and sugar on medium speed until light and fluffy.
- ☐ Add the eggs 1 at a time, scraping the bowl after each addition.
- ☐ Add the vanilla and almond extracts. Sift together the flour, baking powder, baking soda, and salt in a large bowl. Alternate folding the milk and flour mixture into the butter mixture. Fill the cupcake liners halfway and bake for 12 minutes. Cool.
- ☐ To assemble: Dip the top of each cupcake into the Raspberry Glaze, making sure to cover the entire top of the cake to the rim of the paper. Using a pastry bag fitted with a large round tip, pipe a generous dollop of the pale lavender Swiss Meringue in the center of the cake, keeping a rim of the Raspberry Glaze visible. Top the Swiss Meringue with the stacked Peach and Green Almond Cake. Using a small pastry brush, glaze each raspberry with raspberry jam and sit on top of the cake. Lightly dust the top of each cupcake with zested bittersweet dark chocolate.
- ☐ Place the jam in a small saucepan. Dissolve the jam to liquid over low heat, 1 to 2 minutes.
- ☐ Combine the egg whites, sugar, and salt in a heatproof bowl of a standing mixer set over a pan of simmering water.
- ☐ Whisk constantly until the mixture is warm to the touch and the sugar has dissolved. (The mixture should feel completely smooth when rubbed between your fingertips.) Attach the bowl to the mixer fitted with the whisk attachment. Starting on low and gradually increasing to medium-high speed, whisk until stiff, but not dry, peaks form. Continue mixing until the mixture is fluffy and glossy and completely cool.
- ☐ Add a few drops of purple vegetable dye and mix well until a light lavender color.
- ☐ Preheat the oven to 350 degrees F. Line 2 half-sheet trays with silicone mats.
- ☐ Sift together the flour and salt in a small bowl and set aside. In the bowl of an electric mixer fitted with the paddle attachment, beat the almond paste and sugar together until small crumbs form.

- ☐
- Add the butter and beat on high speed until the mixture is combined. Scrape down the bowls and add the eggs, 1 at a time, beating until each is incorporated.
- ☐
- Add the flour mixture in 3 parts, beating on low speed after each addition. Divide the batters between 2 small mixing bowls. In the first bowl, add a few drops of the peach vegetable dye to the batter and mix well until a pale peach color. In the second bowl, add a few drops of the green vegetable dye and mix well until a pale green color.
- ☐
- Spread each batter on prepared sheet trays.
- ☐
- Bake for 10 minutes. When cooled, cut the peach cake using a 1-inch round fluted pastry cutter, and cut the green cake using a 1/2-inch round fluted pastry cutter. Stack the green cakes on top of the peach cakes and set aside.

Nutrition Facts



Properties

Glycemic Index:13.89, Glycemic Load:29.91, Inflammation Score:-6, Nutrition Score:8.2626087924708%

Flavonoids

Cyanidin: 7.39mg, Cyanidin: 7.39mg, Cyanidin: 7.39mg, Cyanidin: 7.39mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 339.68kcal (16.98%), Fat: 11.47g (17.65%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 57.37g (19.12%), Net Carbohydrates: 53.74g (19.54%), Sugar: 42.08g (46.75%), Cholesterol: 50.76mg (16.92%), Sodium: 104.37mg (4.54%), Alcohol: 0.07g (100%), Alcohol %: 0.04% (100%), Protein: 4.42g (8.84%), Vitamin A: 805.71IU (16.11%), Fiber: 3.63g (14.52%), Selenium: 10.03µg (14.34%), Vitamin E: 2.1mg (14.01%), Manganese: 0.27mg (13.68%), Vitamin C: 10.81mg (13.1%), Vitamin B2: 0.19mg (11.2%), Copper: 0.2mg (9.85%), Vitamin B3: 1.87mg (9.36%), Folate: 36.47µg (9.12%), Phosphorus: 86.09mg (8.61%), Vitamin B1: 0.12mg (8.06%), Potassium: 267.6mg (7.65%), Iron: 1.35mg (7.5%), Magnesium: 25.51mg (6.38%), Vitamin K: 6.12µg (5.83%), Vitamin B5: 0.46mg (4.59%), Zinc: 0.66mg

(4.43%), Calcium: 39.76mg (3.98%), Vitamin B6: 0.07mg (3.45%), Vitamin D: 0.36µg (2.39%), Vitamin B12: 0.11µg (1.88%)