



Apple Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



361 kcal

DESSERT

Ingredients

- 1 tsp double-acting baking powder
- 1 cup brown sugar packed
- 1 cup brown sugar packed
- 200 g butter
- 0.5 tsp ground cinnamon
- 3 eggs
- 3 cups flour
- 15 servings ground cinnamon plain

- 2 apple green sliced (horizontally)
- 50 g almond flour (almond meal)
- 80 g yogurt plain
- 50 g raisins

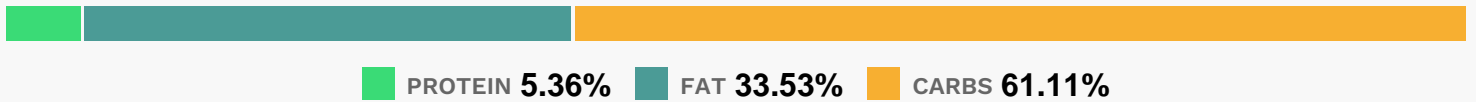
Equipment

- oven
- spatula
- muffin liners

Directions

- Beat (A) - butter and brown sugar till fluffy, add in (B) eggs, one at a time, beat mixture until thick. Fold in (C) plain yogurt and (D) flour mixture alternately till well mixed at low speed. Lastly add in (E) chopped green apples and raisins, fold well with a rubber spatula. Scoop batter into cupcake liners, place apple slices on top and bake in preheated oven at 170C for about 35 minutes or till well done.

Nutrition Facts



Properties

Glycemic Index:22.45, Glycemic Load:16.25, Inflammation Score:-4, Nutrition Score:7.3804347826087%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 360.54kcal (18.03%), Fat: 13.8g (21.24%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 56.61g (18.87%), Net Carbohydrates: 53.67g (19.51%), Sugar: 31.5g (35%), Cholesterol: 62.1mg (20.7%), Sodium: 143.29mg (6.23%), Protein: 4.96g (9.92%), Manganese: 0.57mg (28.69%), Selenium: 11.86µg (16.95%), Vitamin B1: 0.21mg (14.02%), Folate: 51.91µg (12.98%), Fiber: 2.95g (11.78%), Vitamin B2: 0.19mg (11.12%), Iron: 1.98mg (10.98%), Calcium: 91mg (9.1%), Vitamin A: 405.26IU (8.11%), Vitamin B3: 1.61mg (8.06%), Phosphorus: 67.09mg (6.71%), Potassium: 151.89mg (4.34%), Copper: 0.08mg (4.02%), Vitamin B5: 0.34mg (3.42%), Magnesium: 13.65mg (3.41%), Vitamin E: 0.51mg (3.41%), Vitamin B6: 0.06mg (2.98%), Zinc: 0.39mg (2.63%), Vitamin K: 2.23µg (2.12%), Vitamin B12: 0.12µg (2.01%), Vitamin C: 1.4mg (1.7%), Vitamin D: 0.18µg (1.21%)