



 3%  
HEALTH SCORE

## Baby Chick Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



538 kcal

DESSERT

### Ingredients

- 2.3 cups flour plain
- 1.3 cups sugar
- 1 cup butter
- 1 cup milk
- 2.5 teaspoons double-acting baking powder
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 eggs

- 2 cups powdered sugar
- 12 servings cup heavy whipping cream
- 12 servings food coloring yellow
- 2 cups coconut or
- 12 servings cranberry-orange relish

## Equipment

- bowl
- oven
- blender
- toothpicks
- muffin tray

## Directions

- Heat oven to 180 C. Put paper cases in 24 muffin tins (or halve the recipe and do 12, or bake 12 at a time).
- In a medium bowl, beat flour, sugar, butter, milk, baking powder, salt, vanilla and egg. Either beat 3 minutes with a mixer, or get that baking bicep out and mix by hand for a few minutes. fill paper cases half full.
- Bake 15-20 minutes until a toothpick inserted in the centre comes out clean. Cool completely on a rack.
- This is the fun part! add tablespoonsful of cream to the two cups of icing in a bowl, until it gets to the desired stage. Some people like runny, I prefer it a little stiff.
- Add a few drops of yellow food colouring and mix.
- Now for your chick feathers... add 2 cups coconut to a ziplock bag, drop in some food colouring, seal it up and rub it all with your fingers to dye the coconut. Fun!
- When cupcakes are completely cool, ice with yellow frosting.
- Put the coconut in a small bowl, and dip the cupcakes icing-side down into it to completely cover.
- Add brown M&Ms for eyes, sticking on with a little frosting for glue. Poke orange M&Ms in for the beak... total cuteness.

# Nutrition Facts

PROTEIN 3.93% FAT 43.33% CARBS 52.74%

## Properties

Glycemic Index:31.47, Glycemic Load:31.74, Inflammation Score:-7, Nutrition Score:11.958260869565%

## Flavonoids

Hesperetin: 24.53mg, Hesperetin: 24.53mg, Hesperetin: 24.53mg, Hesperetin: 24.53mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 538.3kcal (26.91%), Fat: 26.63g (40.96%), Saturated Fat: 17.68g (110.47%), Carbohydrates: 72.93g (24.31%), Net Carbohydrates: 68.93g (25.07%), Sugar: 51.14g (56.83%), Cholesterol: 73.7mg (24.57%), Sodium: 424.51mg (18.46%), Protein: 5.43g (10.85%), Vitamin C: 48.41mg (58.68%), Manganese: 0.39mg (19.37%), Vitamin B1: 0.29mg (19.19%), Folate: 76.25µg (19.06%), Vitamin A: 948.47IU (18.97%), Selenium: 12.14µg (17.34%), Fiber: 3.99g (15.98%), Vitamin B2: 0.24mg (14.23%), Calcium: 132.42mg (13.24%), Phosphorus: 112.29mg (11.23%), Iron: 1.7mg (9.45%), Vitamin B3: 1.75mg (8.76%), Potassium: 291.31mg (8.32%), Copper: 0.14mg (7%), Magnesium: 23mg (5.75%), Vitamin B5: 0.56mg (5.59%), Vitamin E: 0.83mg (5.56%), Vitamin B6: 0.1mg (4.8%), Zinc: 0.56mg (3.75%), Vitamin D: 0.54µg (3.58%), Vitamin B12: 0.2µg (3.31%), Vitamin K: 1.97µg (1.88%)