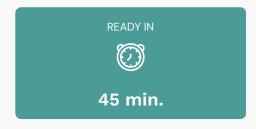


Baby Chick Cupcakes

Vegetarian







DESSERT

Ingredients

1 eggs

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

	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, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, 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%)