



Bacony Breakfast Cupcake

READY IN



42 min.

SERVINGS



12

CALORIES



303 kcal

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 tablespoons maple syrup
- ☐ 8 ounces mascarpone cheese
- ☐ 4 cups pancake batter prepared
- ☐ 6 slices bacon thick-cut

Equipment

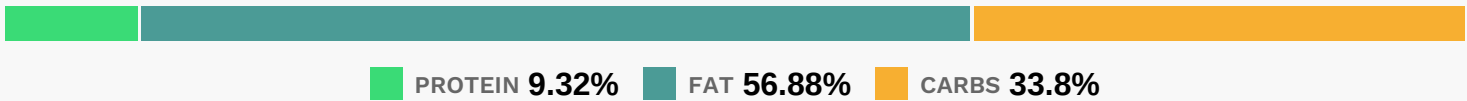
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ muffin tray
- ☐ broiler pan

Directions

- ☐ Preheat the oven to 450 degrees F. Prepare a cupcake pan with canola oil spray.
- ☐ Prepare a broiler pan and place the bacon on the pan. Cook until well crisped, about 6 minutes.
- ☐ Remove from the oven and reserve 1 tablespoon bacon drippings.
- ☐ Reduce the heat to 350 degrees F.
- ☐ Mix the chives into the pancake batter and pour into the cupcake tins so that they are 3/4 full.
- ☐ Bake for 12 minutes.
- ☐ Meanwhile, in a medium bowl, add the mascarpone, confectioners' sugar, maple syrup and the reserved bacon drippings. Stir well to combine and set aside. Crumble the cooked bacon and set aside.
- ☐ Remove the cupcakes from the oven and let cool on a cooling rack, about 10 minutes. Frost each cupcake with the bacon icing and sprinkle with the crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:0.83, Inflammation Score:-3, Nutrition Score:5.2639130315055%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 302.7kcal (15.14%), Fat: 18.99g (29.22%), Saturated Fat: 8.57g (53.58%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 24.55g (8.93%), Sugar: 11.79g (13.1%), Cholesterol: 61.55mg (20.52%), Sodium: 348.91mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Phosphorus: 161.99mg (16.2%), Calcium: 124.95mg (12.49%), Vitamin B2: 0.19mg (11.44%), Selenium: 7.93µg (11.33%), Vitamin B1: 0.14mg (9.3%), Vitamin A: 412.24IU (8.24%), Manganese: 0.14mg (7.13%), Vitamin B3: 1.27mg (6.33%), Vitamin B6: 0.09mg (4.72%), Folate: 16.39µg (4.1%), Vitamin B12: 0.24µg (3.96%), Zinc: 0.57mg (3.77%), Potassium: 131.79mg (3.77%), Iron: 0.66mg (3.66%), Fiber: 0.84g (3.37%), Vitamin B5: 0.32mg (3.22%), Magnesium: 12.71mg (3.18%), Vitamin K: 1.6µg (1.52%), Copper: 0.03mg (1.49%)