



BBC Children in Need cupcakes

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 350 g flour plain
- ☐ 85 g golden caster sugar
- ☐ 85 g muscovado sugar light
- ☐ 1 tbsp double-acting baking powder
- ☐ 2 lemon zest
- ☐ 2 eggs
- ☐ 284 ml carton soured cream
- ☐ 1 tsp vanilla extract

☐ 100 g butter melted

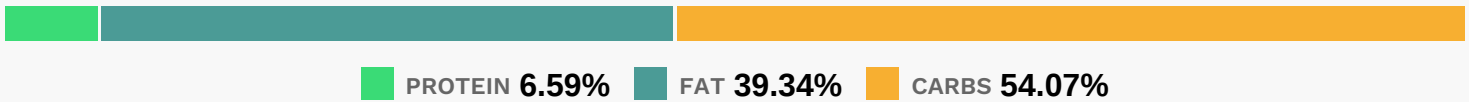
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Heat oven to 200C/fan 180C/ gas
- ☐ Line a 12-hole muffin tin with paper cases.
- ☐ Mix the flour, sugars, baking powder and zest. In another bowl, beat the eggs, then stir in the cream, vanilla and butter and pour into the dry ingredients. Stir to mix but dont overbeat. Spoon into cases.
- ☐ Bake for 25 mins. Leave to cool in the tin for 5 mins, then turn out and leave to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:16.36, Inflammation Score:-4, Nutrition Score:6.4100000754647%

Nutrients (% of daily need)

Calories: 277.8kcal (13.89%), Fat: 12.21g (18.78%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 36.86g (13.4%), Sugar: 14.72g (16.36%), Cholesterol: 58.77mg (19.59%), Sodium: 181.77mg (7.9%), Alcohol: 0.12g (100%), Alcohol %: 0.18% (100%), Protein: 4.6g (9.2%), Selenium: 13.25µg (18.93%), Vitamin B1: 0.24mg (15.84%), Folate: 58.72µg (14.68%), Vitamin B2: 0.22mg (12.95%), Manganese: 0.21mg (10.67%), Calcium: 105.62mg (10.56%), Iron: 1.72mg (9.55%), Vitamin B3: 1.77mg (8.87%), Phosphorus: 88.12mg (8.81%), Vitamin A: 391.69IU (7.83%), Fiber: 0.9g (3.58%), Vitamin B5: 0.35mg (3.49%), Copper: 0.06mg (2.97%), Magnesium: 11.5mg (2.88%), Potassium: 93.25mg (2.66%), Zinc: 0.39mg (2.6%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.13µg (2.13%), Vitamin B6: 0.04mg (2.13%), Vitamin C: 1.5mg (1.81%)