



Blueberry & lemon friands

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 100 g butter unsalted cooled melted
- ☐ 125 g powdered sugar for dusting
- ☐ 25 g flour plain
- ☐ 85 g almond flour
- ☐ 3 medium egg whites
- ☐ 1 optional: lemon grated
- ☐ 85 g blueberries

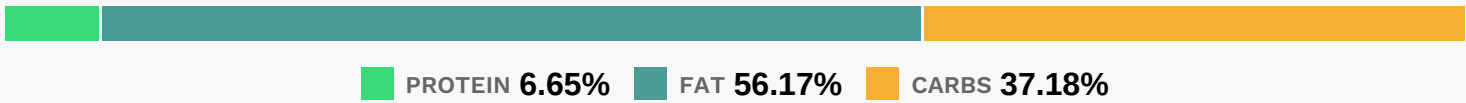
Equipment

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

Directions

- ☐ Preheat the oven to fan 180C/conventional 200C/gas
- ☐ Generously butter six non-stick friand or muffin tins. Melt the butter and set aside to cool.
- ☐ Sift the icing sugar and flour into a bowl.
- ☐ Add the almonds and mix everything between your fingers.
- ☐ Whisk the egg whites in another bowl until they form a light, floppy foam. Make a well in the centre of the dry ingredients, tip in the egg whites and lemon rind, then lightly stir in the butter to form a soft batter.
- ☐ Divide the batter among the tins, a large serving spoon is perfect for this job.
- ☐ Sprinkle a handful of blueberries over each cake and bake for 15-20 minutes until just firm to the touch and golden brown.
- ☐ Cool in the tins for 5 minutes, then turn out and cool on a wire rack. To serve, dust lightly with icing sugar.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:3.29, Inflammation Score:-4, Nutrition Score:3.6678260668464%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Petunidin: 4.47mg, Petunidin: 4.47mg, Petunidin: 4.47mg, Petunidin: 4.47mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 9.58mg, Malvidin: 9.58mg, Malvidin: 9.58mg, Malvidin: 9.58mg Peonidin: 2.87mg, Peonidin: 2.87mg, Peonidin: 2.87mg, Peonidin: 2.87mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 316.85kcal (15.84%), Fat: 20.7g (31.84%), Saturated Fat: 9.07g (56.72%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 28.37g (10.32%), Sugar: 22.86g (25.4%), Cholesterol: 35.83mg (11.94%), Sodium: 27.74mg (1.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Vitamin C: 10.91mg (13.23%), Fiber: 2.46g (9.83%), Vitamin A: 428.11IU (8.56%), Selenium: 4.79µg (6.84%), Vitamin B2: 0.11mg (6.2%), Iron: 0.9mg (5.02%), Manganese: 0.08mg (4.23%), Calcium: 41.16mg (4.12%), Vitamin K: 3.91µg (3.73%), Vitamin E: 0.5mg (3.31%), Vitamin B1: 0.05mg (3.11%), Folate: 11.56µg (2.89%), Potassium: 69.07mg (1.97%), Vitamin B3: 0.35mg (1.73%), Vitamin D: 0.25µg (1.67%), Phosphorus: 15.33mg (1.53%), Copper: 0.03mg (1.42%), Magnesium: 5.19mg (1.3%), Vitamin B6: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.17%)