

## Butterfly Buns

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



165 kcal

### Ingredients

- ☐ 2 tablespoons smucker's cherry preserves
- ☐ 1.5 cups confectioners' sugar
- ☐ 1 eggs
- ☐ 0.3 cup butter
- ☐ 1 cup self-rising flour
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water hot
- ☐ 0.3 cup sugar white

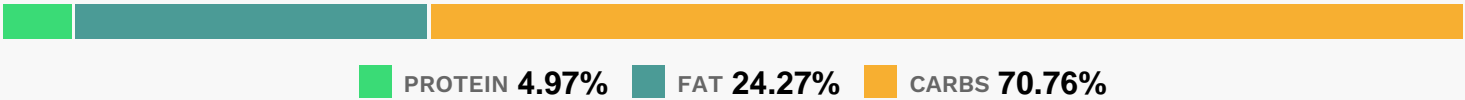
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

## Directions

- ☐ Preheat oven 350 F (175 degrees C). Line a 12-cup-muffin-pan with paper baking cups.
- ☐ Cream 1/4 cup butter or margarine and white sugar together until pale yellow and fluffy. Gradually add small amounts of beaten egg, beating continuously. In a small bowl, combine cocoa powder and hot water. Stir cocoa mixture into batter. Fold in flour using figure eight movement. If the mixture is too stiff, batter should slowly drop off spoon when lifted from bowl, add a small amount of water. Divide mixture into 12 muffin cups.
- ☐ Bake for 15 to 20 minutes, or until well risen and firm to touch. Allow to cool.
- ☐ Cream 1/4 cup butter or margarine until soft. Gradually add sifted confectioners sugar and vanilla extract.
- ☐ Mix cream filling until smooth.
- ☐ Cut circles from tops of muffins, and halve these to resemble butterfly wings. Put a small amount of cherry jam in the cut out hole, and cover with a teaspoon of cream filling.
- ☐ Place the wing shapes into the cream filling curved side down.

## Nutrition Facts



## Properties

Glycemic Index:16.01, Glycemic Load:9.05, Inflammation Score:-2, Nutrition Score:2.212173903118%

## Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 165.07kcal (8.25%), Fat: 4.59g (7.06%), Saturated Fat: 1.07g (6.72%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 29.15g (10.6%), Sugar: 20.54g (22.83%), Cholesterol: 13.64mg (4.55%), Sodium: 51.87mg (2.26%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.12g (4.23%), Selenium: 5.7µg (8.14%), Manganese: 0.15mg (7.74%), Copper: 0.09mg (4.72%), Fiber: 0.95g (3.8%), Vitamin A: 189.17IU (3.78%), Phosphorus: 32.25mg (3.22%), Magnesium: 12.29mg (3.07%), Iron: 0.43mg (2.41%), Vitamin B2: 0.04mg (2.08%), Zinc: 0.26mg (1.75%), Vitamin E: 0.23mg (1.55%), Folate: 6.15µg (1.54%), Potassium: 47.89mg (1.37%), Vitamin B5: 0.11mg (1.11%)