



Cherry & almond Easter cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 250 g pack butter softened for greasing
- ☐ 175 g golden caster sugar
- ☐ 5 eggs beaten
- ☐ 250 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 1 orange zest
- ☐ 250 g natural marzipan chilled grated (easiest if beforehand)
- ☐ 0.5 tsp almond essence
- ☐ 200 g glacé cherry halved

- ☐ 100 g icing sugar sifted
- ☐ 24 servings candy easter eggs mini

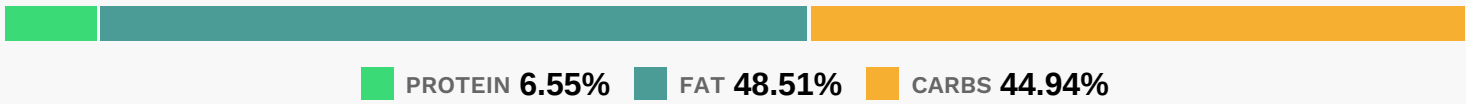
Equipment

- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Heat oven to 180C/fan 160C/gas 4 and place 24 cupcake cases into cupcake tins. Beat the butter and sugar together with electric beaters or a tabletop mixer until light and fluffy.
- ☐ Add the eggs, 250g flour, baking powder, orange zest and juice and beat well till thick, creamy and evenly mixed.
- ☐ Toss cherries in the extra 2 tbsp flour and fold into the batter along with grated marzipan and almond essence (if using). Spoon into the cupcake cases and bake for 20–25 mins, or until well risen and golden. Leave to cool in tin for 10 mins, then place on a cooling rack to cool completely.
- ☐ Mix the icing sugar with around 1 tbsp water to make a loose but not-too-runny icing. Ice the tops of the cupcakes and top each one with about 3 mini chocolate eggs.

Nutrition Facts



Properties

Glycemic Index:10.04, Glycemic Load:5.2, Inflammation Score:-3, Nutrition Score:4.0943478112635%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 230.45kcal (11.52%), Fat: 12.62g (19.42%), Saturated Fat: 6.07g (37.94%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 25.51g (9.28%), Sugar: 17.02g (18.91%), Cholesterol: 56.62mg (18.87%), Sodium: 106.87mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Manganese: 0.25mg (12.7%), Vitamin E: 1.66mg (11.05%), Selenium: 7.28µg (10.4%), Vitamin A: 321.32IU (6.43%), Phosphorus: 62.5mg (6.25%), Vitamin B2: 0.09mg (5.48%), Magnesium: 20.46mg (5.11%), Copper: 0.08mg (4.12%), Folate: 14.9µg (3.73%), Calcium: 36.86mg (3.69%), Fiber: 0.8g (3.21%), Iron: 0.58mg (3.2%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.38mg (2.56%), Vitamin B3: 0.5mg (2.51%), Potassium: 83.68mg (2.39%), Vitamin B1: 0.03mg (1.8%), Vitamin B12: 0.1µg (1.65%), Vitamin B6: 0.03mg (1.6%), Vitamin C: 1.29mg (1.57%), Vitamin D: 0.18µg (1.22%)