



Cherry-Pistachio Tea Cakes

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 12 cherries with stems
- ☐ 0.7 cup confectioners' sugar for dusting plus more
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup pistachios
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted melted

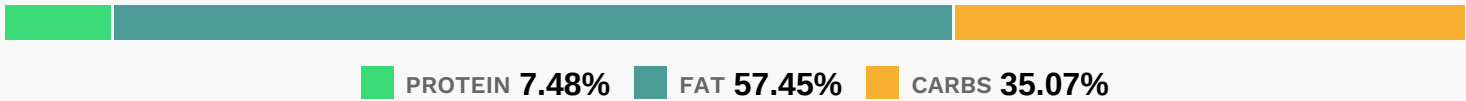
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F. Line a 12-cup muffin tin with paper liners.
- ☐ Pulse the pistachios, flour, baking powder and salt in a food processor until finely ground.
- ☐ Whisk the confectioners' sugar and eggs in a large bowl, then whisk in the pistachio mixture until just combined. Stir in the melted butter until just incorporated.
- ☐ Spoon 2 tablespoons batter into each muffin cup.
- ☐ Bake until slightly puffed and just beginning to set, about 8 minutes.
- ☐ Place 1 or 2 cherries in the center of each cake and continue baking until the cakes feel springy and the edges are lightly browned, 10 to 12 more minutes.
- ☐ Transfer to a rack and let cool 10 minutes in the pan, then remove from the pan to cool completely. Dust with confectioners' sugar.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:2.4, Inflammation Score:-2, Nutrition Score:3.0613043178683%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg,

Peonidin: 0.12mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 134.7kcal (6.73%), Fat: 8.85g (13.61%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 11.36g (4.13%), Sugar: 7.98g (8.87%), Cholesterol: 46.05mg (15.35%), Sodium: 96.64mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Selenium: 4.2µg (6.01%), Phosphorus: 56.03mg (5.6%), Vitamin B6: 0.11mg (5.35%), Vitamin B1: 0.08mg (5.18%), Vitamin A: 246.32IU (4.93%), Manganese: 0.09mg (4.69%), Copper: 0.08mg (4.2%), Vitamin B2: 0.07mg (4.1%), Folate: 13.41µg (3.35%), Calcium: 32.97mg (3.3%), Iron: 0.58mg (3.22%), Fiber: 0.79g (3.16%), Potassium: 87.4mg (2.5%), Vitamin E: 0.38mg (2.5%), Magnesium: 9.08mg (2.27%), Vitamin B5: 0.19mg (1.93%), Vitamin D: 0.27µg (1.81%), Zinc: 0.26mg (1.72%), Vitamin B3: 0.29mg (1.47%), Vitamin B12: 0.09µg (1.43%), Vitamin C: 0.85mg (1.03%)