



Cinnamon Swirl Sour Cream, Maple Cream Cheese, Strawberry and Bacon Breakfast Cupcake

READY IN



135 min.

SERVINGS



24

CALORIES



365 kcal

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar loosely packed
- 1 pound cream cheese
- 2 eggs
- 1.5 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 4 tablespoons creamed honey

- 1 cup maple sugar
- 0.3 cup maple syrup
- 0.3 teaspoon salt
- 8 ounces butter salted
- 1.3 cups cup heavy whipping cream sour
- 0.3 cup strawberries fresh diced hulled finely
- 4 ounces strawberry jelly
- 1 cup sugar
- 12 ounce at least of turkey bacon
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- whisk
- hand mixer
- stand mixer
- stove
- muffin liners
- muffin tray
- pastry bag

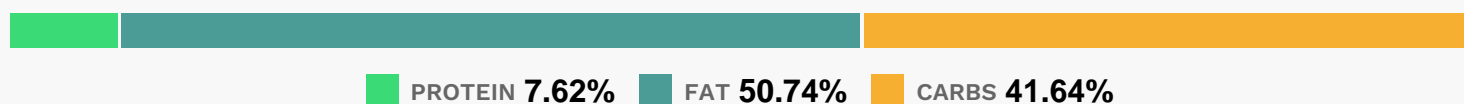
Directions

- Preheat the oven to 325 degrees F. Line a mini cupcake or muffin pan with 24 mini cupcake liners or a regular-size cupcake or muffin pan with 9 cupcake liners.
- Sift the flour, baking powder, baking soda, and salt into a medium-size bowl. Set the bowl aside.
- In the bowl of an electric stand mixer, with a paddle attachment, cream the butter and sugar together, about 5 minutes. Scrape down the sides of the bowl, and then add the vanilla and one egg at a time, scraping down the sides of the bowl after each addition. Turn the mixer to

the lowest speed, and add the flour mixture and sour cream, alternating between the 2, beginning and ending with the flour.

- Mix the cinnamon and brown sugar together in a small bowl and fold by hand into the batter. Do not fully mix into the batter, it should be swirled in.
- Fill 24 mini cupcake liners 1/2-full with batter and bake for 30 minutes or fill 9 regular-size cupcakes 3/4-full with batter and bake for 32 minutes, or until golden and baked through. Cool the cupcakes completely.
- To assemble: Generously frost the top of each cupcake with the maple cream cheese mixture. Chop the maple-glazed turkey bacon into a fine dice and divide evenly among the cupcakes, sprinkle over the frosting.
- Sprinkle the maple sugar on top of the bacon to resemble "sand".
- Whip the cream cheese and maple butter in the bowl of an electric mixer fitted with a whisk attachment until fully incorporated. Fold in, by hand, the jelly and fresh strawberries.
- Put the frosting into a pastry bag and cut 1/2-inch off the tip.
- Cook the bacon on the stove top in 2 nonstick skillet coated with olive oil spray, over medium heat, turning once, making sure the bacon is fully cooked. Turn the heat down and divide the maple syrup between the 2 skillet, drizzle the syrup over the bacon. Continue to cook, turning the bacon often, watching closely that the syrup does not burn. You want the bacon to be coated with the syrup and caramelized, but not soggy.
- Let cool.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:20.23, Inflammation Score:-4, Nutrition Score:6.5473913006161%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 364.55kcal (18.23%), Fat: 20.93g (32.2%), Saturated Fat: 11.19g (69.95%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 38.16g (13.88%), Sugar: 29.56g (32.85%), Cholesterol: 74mg (24.67%), Sodium: 545.04mg (23.7%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 7.07g (14.13%), Manganese: 0.64mg (32.16%), Selenium: 9.92µg (14.17%), Vitamin B2: 0.21mg (12.19%), Phosphorus: 118.25mg (11.82%), Vitamin A: 585.57IU (11.71%), Zinc: 1.32mg (8.77%), Calcium: 68.18mg (6.82%), Iron: 1.05mg (5.81%), Vitamin B1: 0.08mg (5.52%), Folate: 21.01µg (5.25%), Vitamin B3: 1.03mg (5.13%), Potassium: 161.89mg (4.63%), Vitamin E: 0.63mg (4.23%), Vitamin B6: 0.08mg (3.8%), Magnesium: 13.07mg (3.27%), Copper: 0.06mg (3.06%), Vitamin B12: 0.17µg (2.77%), Vitamin B5: 0.27mg (2.66%), Vitamin K: 2.42µg (2.3%), Fiber: 0.48g (1.91%), Vitamin C: 1.44mg (1.74%)