



## Clotted cream splits

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



449 kcal

SIDE DISH

### Ingredients

- 150 ml pot natural yogurt
- 3 eggs beaten
- 1 tsp vanilla extract
- 175 g golden caster sugar
- 140 g self-raising flour
- 1 tsp double-acting baking powder
- 100 g ground almond
- 175 g butter unsalted melted

- 12 servings raspberry jam
- 12 servings raspberries
- 12 servings clotted cream

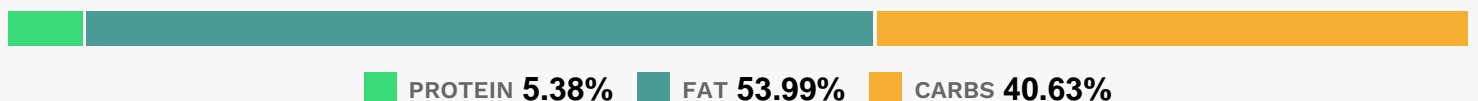
## Equipment

- bowl
- oven
- wire rack
- pot
- spatula

## Directions

- Line a 12-hole muffin tin with paper cases and heat oven to 190C/fan 170C/gas
- In a jug, mix the yogurt, eggs and vanilla extract.
- Put the dry ingredients, plus a pinch of salt, into a large bowl and make a well in the middle.
- Add the yogurty mix and melted butter, and quickly fold in with a spatula or metal spoon dont overwork it. Spoon into the cases (they will be quite full) and bake for 18-20 mins or until golden, risen and springy to the touch. Cool for a few mins, then lift the cakes onto a wire rack to cool completely. Keep in an airtight container for up to 3 days or freeze as soon as possible. (Cupcakes only)
- Cut the tops off the cupcakes and set aside. Spoon a dollop of raspberry jam on top of each one. Top with a few raspberries and generously heaped teaspoons of clotted cream from a 550g pot.
- Put the tops back on, then dust with icing sugar to serve.

## Nutrition Facts



## Properties

Glycemic Index:21.58, Glycemic Load:13.99, Inflammation Score:-4, Nutrition Score:8.0986956617107%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 448.87kcal (22.44%), Fat: 27.54g (42.37%), Saturated Fat: 14.4g (89.97%), Carbohydrates: 46.64g (15.55%), Net Carbohydrates: 41.36g (15.04%), Sugar: 27.87g (30.96%), Cholesterol: 97.96mg (32.65%), Sodium: 75.16mg (3.27%), Alcohol: 0.12g (100%), Alcohol %: 0.09% (100%), Protein: 6.18g (12.35%), Manganese: 0.52mg (25.84%), Vitamin C: 17.54mg (21.27%), Fiber: 5.28g (21.14%), Selenium: 9.14µg (13.05%), Calcium: 106.74mg (10.67%), Vitamin A: 516.69IU (10.33%), Phosphorus: 88.1mg (8.81%), Vitamin E: 1.25mg (8.36%), Iron: 1.28mg (7.11%), Vitamin B2: 0.12mg (7%), Folate: 25.31µg (6.33%), Copper: 0.11mg (5.69%), Magnesium: 22.54mg (5.63%), Vitamin K: 5.79µg (5.52%), Potassium: 189.4mg (5.41%), Vitamin B5: 0.51mg (5.07%), Zinc: 0.6mg (4%), Vitamin B6: 0.07mg (3.53%), Vitamin D: 0.5µg (3.34%), Vitamin B12: 0.17µg (2.84%), Vitamin B1: 0.04mg (2.71%), Vitamin B3: 0.52mg (2.62%)