



Cranberry ripple cheese-cupcakes

READY IN



60 min.

SERVINGS



12

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 250 g digestive biscuit
- ☐ 100 g butter melted
- ☐ 600 g cheese soft
- ☐ 2 tbsp flour plain
- ☐ 175 g caster sugar
- ☐ 1 dash vanilla extract
- ☐ 2 eggs
- ☐ 400 g cranberries fresh
- ☐ 100 g icing sugar for dusting

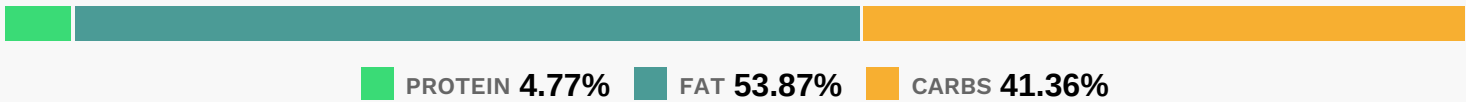
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ muffin tray

Directions

- ☐ First make the ripple by putting the cranberries and icing sugar into a shallow pan and cooking down over a mediumhigh heat for 10 mins until the berries collapse into a thick and sticky sauce. Turn off the heat and leave to cool.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 12-hole muffin tin with 12 muffin cases. Crush the biscuits in a plastic bag or whizz in a food processor, then mix with the melted butter. Divide between the muffin cases and press down with your fingers. In a separate bowl, mix the soft cheese with the flour, sugar and vanilla extract, then gradually beat in the eggs and yolk until smooth. Ripple the berry mix through the cheese, being careful not to over-mix. Spoon the mix into the cases and smooth the tops with the back of the spoon.
- ☐ Bake for 30 mins, leave to cool, then chill in the fridge until completely cold.
- ☐ To serve, peel the cases off the cakes, if you like, then dust with icing sugar.
- ☐ Serve piled up on a nice dish for everyone to help themselves.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:24.1, Inflammation Score:-6, Nutrition Score:6.1100000143051%

Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg 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 Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 441.21kcal (22.06%), Fat: 26.94g (41.44%), Saturated Fat: 15g (93.75%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 44.6g (16.22%), Sugar: 30.83g (34.25%), Cholesterol: 100.82mg (33.61%), Sodium: 350.32mg (15.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Vitamin A: 943.01IU (18.86%), Vitamin B2: 0.2mg (11.82%), Phosphorus: 114.3mg (11.43%), Selenium: 6.66µg (9.51%), Fiber: 1.94g (7.77%), Vitamin E: 1.14mg (7.61%), Calcium: 73.91mg (7.39%), Manganese: 0.14mg (6.83%), Iron: 1.15mg (6.37%), Vitamin C: 4.67mg (5.66%), Folate: 21.33µg (5.33%), Vitamin B1: 0.08mg (5.23%), Zinc: 0.77mg (5.14%), Vitamin B5: 0.49mg (4.88%), Magnesium: 19.38mg (4.85%), Vitamin B3: 0.94mg (4.72%), Vitamin B6: 0.08mg (3.96%), Potassium: 136.62mg (3.9%), Vitamin K: 3.32µg (3.17%), Vitamin B12: 0.18µg (3.04%), Copper: 0.04mg (1.98%), Vitamin D: 0.16µg (1.08%)