



Eat It Cupcakes

READY IN



120 min.

SERVINGS



24

CALORIES



521 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 tablespoons butter
- ☐ 2.5 cups cake flour
- ☐ 0.5 teaspoon coconut extract
- ☐ 4 cups rice cereal such as rice krispies
- ☐ 5 egg whites
- ☐ 3 eggs
- ☐ 4 eggs
- ☐ 0.8 cup flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 1.3 cup granulated sugar
- ☐ 2 cups granulated sugar
- ☐ 0.3 cup kumquat preserves
- ☐ 1 tablespoon key lime juice
- ☐ 0.7 cup lychee pureed
- ☐ 0.5 bag marshmallows
- ☐ 1 teaspoon orange extract
- ☐ 3 tablespoons quinoa toasted
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup coconut or shredded sweetened
- ☐ 1 pound butter unsalted at room temperature
- ☐ 2 sticks butter unsalted
- ☐ 6 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup milk whole

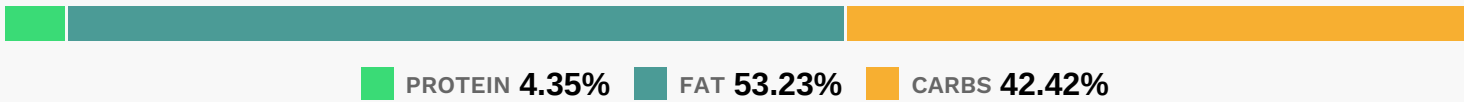
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ double boiler
- ☐ stand mixer
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 325 degrees F. Line cupcake or muffin pans with 24 liners.
- ☐ In a mixing bowl, combine the flours, granulated sugar, baking powder and salt.
- ☐ Add in the butter and sour cream.
- ☐ In a pitcher, combine the milk, vanilla extract and eggs. Slowly add into the butter-flour mixture until combined. Stir in the shredded coconut and coconut extract.
- ☐ Fill the cupcake liners and bake for 20 minutes, rotating halfway through.
- ☐ Remove from the oven and cool completely before frosting.
- ☐ Fill the cupcakes with Lychee Curd. Pipe with Kumquat Swiss Meringue Buttercream Frosting. Top with a Crispy Treat.
- ☐ In a medium pot over medium heat, combine the pureed lychee, granulated sugar, lime juice and eggs, whisking until combined and it comes to a low simmer.
- ☐ Remove from the heat and add in the butter, whisking until the butter is melted. Refrigerate immediately.
- ☐ Over medium heat, warm the granulated sugar and egg whites over a double boiler until the sugar is fully dissolved.
- ☐ Remove from the heat and transfer to a stand mixer and whip, using the whisk attachment, until room temperature. Switch to the paddle attachment and beat in the butter, 2 tablespoons at a time. Whip until the frosting becomes light and fluffy. Stir in the preserves and extract.
- ☐ Preheat the oven to 325 degrees F. Liberally spray a baking sheet with pan spray. Toast the quinoa until golden, about 15 minutes. Melt the butter and marshmallows in the microwave until the marshmallows begin to puff up. Stir in the cereal and toasted quinoa.
- ☐ Spread out in a thin layer on a baking sheet. Refrigerate, and then cut into squares.

Nutrition Facts



Properties

Glycemic Index:26.93, Glycemic Load:33.72, Inflammation Score:-6, Nutrition Score:8.7126086587491%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg

Nutrients (% of daily need)

Calories: 520.91kcal (26.05%), Fat: 31.45g (48.38%), Saturated Fat: 19.29g (120.57%), Carbohydrates: 56.39g (18.8%), Net Carbohydrates: 55.51g (20.19%), Sugar: 37.53g (41.7%), Cholesterol: 125.21mg (41.74%), Sodium: 225.11mg (9.79%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 5.78g (11.56%), Vitamin A: 1056.61IU (21.13%), Selenium: 14.07µg (20.1%), Manganese: 0.39mg (19.43%), Folate: 57µg (14.25%), Vitamin B2: 0.24mg (13.88%), Iron: 2.27mg (12.61%), Phosphorus: 95.81mg (9.58%), Calcium: 84.53mg (8.45%), Vitamin B1: 0.13mg (8.39%), Vitamin B12: 0.49µg (8.24%), Zinc: 1.12mg (7.49%), Vitamin E: 1.08mg (7.2%), Vitamin B6: 0.14mg (7.07%), Vitamin D: 1.01µg (6.75%), Vitamin C: 5.53mg (6.71%), Vitamin B3: 1.32mg (6.6%), Vitamin B5: 0.47mg (4.72%), Copper: 0.09mg (4.59%), Magnesium: 15.75mg (3.94%), Fiber: 0.88g (3.5%), Potassium: 113.1mg (3.23%), Vitamin K: 2.66µg (2.53%)