



Emerald City Artichoke Olive Oil Cake with Kiwi Filling and Whipped Cream Frosting

 Vegetarian

READY IN



110 min.

SERVINGS



28

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 2 cups artichokes canned
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 8 egg whites
- ☐ 4 large eggs at room temperature
- ☐ 2.7 cups flour all-purpose
- ☐ 3 large kiwis peeled

- ☐ 0.5 teaspoon lemon bakery emulsion
- ☐ 1 tablespoon lemon zest
- ☐ 1.3 cups olive oil extra-virgin
- ☐ 2 tablespoons pectin instant
- ☐ 1.3 teaspoons salt fine
- ☐ 0.5 cup sugar
- ☐ 2 cups sugar
- ☐ 2 cups butter unsalted chilled (4 sticks)
- ☐ 1 teaspoon vanilla bean paste

Equipment

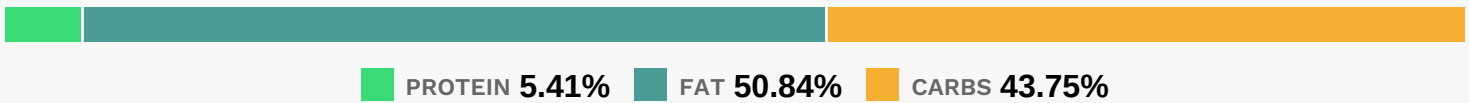
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees F. Line cupcake pans with cupcake liners (for a total of 28 cupcakes).
- ☐ For the artichoke cake batter: In a food processor, puree the artichokes. Measure out the artichoke puree--you should have about 1 1/3 cups; if not, process more artichokes until you have 1 1/3 cups total.
- ☐ Put the artichokes back in the food processor, add the eggs and process until smooth.
- ☐ Add the artichoke mixture, sugar, olive oil, lemon zest and lemon emulsion to a large bowl and mix for 1 minute until well blended.
- ☐ Mix in the flour, salt, baking powder and baking soda until well blended and smooth.

- ☐ Fill the cupcake liners about two-thirds full with the batter.
- ☐ Bake until an inserted toothpick comes out clean, 16 to 19 minutes. Allow the cupcakes to cool completely before frosting.
- ☐ Put the kiwis in a food processor and pulse until there are still small chunks and the mixture is not completely smooth.
- ☐ Transfer to a bowl, mix in the sugar and instant pectin with a whisk and continue mixing for 3 minutes. Refrigerate until thickened, about 30 minutes.
- ☐ Whisk the sugar and egg whites in a double boiler until the mixture is slippery. In an electric mixer, beat the sugar mixture on high until stiff peaks form, about 5 minutes.
- ☐ Mix in the butter one tablespoon at a time until fully incorporated.
- ☐ Mix in the vanilla bean paste.
- ☐ Use a cupcake corer to remove the centers of the cupcakes. Using a spoon or piping bag, fill the center of each cupcake with some kiwi filling. Using a piping bag, pipe some frosting onto each cupcake.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:19.91, Inflammation Score:-4, Nutrition Score:5.5839130722958%

Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg Apigenin: 1.27mg, Apigenin: 1.27mg, Apigenin: 1.27mg, Apigenin: 1.27mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Nutrients (% of daily need)

Calories: 279.12kcal (13.96%), Fat: 16.15g (24.84%), Saturated Fat: 8.86g (55.4%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 29.63g (10.77%), Sugar: 19.11g (21.24%), Cholesterol: 61.43mg (20.48%), Sodium: 196.52mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Selenium: 8.27µg (11.81%), Vitamin C: 9.58mg (11.62%), Folate: 40.05µg (10.01%), Vitamin A: 454.6IU (9.09%), Vitamin B2: 0.15mg (8.96%), Vitamin K:

8.86µg (8.44%), Vitamin B1: 0.11mg (7.5%), Manganese: 0.14mg (6.97%), Fiber: 1.64g (6.57%), Vitamin E: 0.91mg (6.09%), Iron: 0.99mg (5.51%), Phosphorus: 53.11mg (5.31%), Vitamin B3: 0.94mg (4.69%), Copper: 0.09mg (4.25%), Magnesium: 16.52mg (4.13%), Potassium: 123.25mg (3.52%), Calcium: 28.07mg (2.81%), Vitamin B5: 0.27mg (2.73%), Vitamin D: 0.39µg (2.57%), Vitamin B6: 0.04mg (2.22%), Zinc: 0.3mg (1.98%), Vitamin B12: 0.1µg (1.65%)