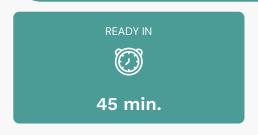


Flowerpot Cakes







DESSERT

Ingredients

1 large egg yolk

0.8 cup buttermilk

| 0.3 cup vegetable oil plus more for pots |
|--|
| 0.8 cup cocoa powder unsweetened for dusting plus more |
| 1.5 cups flour all-purpose |
| 1.5 cups sugar |
| 1.5 teaspoons baking soda |
| 0.8 teaspoon double-acting baking powder |
| 0.8 teaspoon salt |

| | 0.8 teaspoon vanilla extract pure |
|----|--|
| | 0.5 cup chocolate wafers such as nabisco famous crushed for garnish (10) |
| | 1 serving m&m candies pebble-shaped for garnish |
| | 1 serving thyme sprigs for garnish |
| Εq | uipment |
| | bowl |
| | baking sheet |
| | baking paper |
| | oven |
| | wire rack |
| | hand mixer |
| | offset spatula |
| Di | rections |
| | Preheat oven to 350 degrees. |
| | Brush inside of each flowerpot with oil, and line bottom with parchment paper round. |
| | Brush parchment with oil, and lightly dust with cocoa. |
| | Sift cocoa, flour, sugar, baking soda, baking powder, and salt into the bowl of an electric mixer fitted with the paddle attachment. |
| | Add egg and yolk, 3/4 cup warm water, buttermilk, oil, and vanilla; mix on low speed until smooth, about 1 minute. |
| | Divide batter among prepared pots, filling each about two-thirds full. |
| | Transfer to a rimmed baking sheet. |
| | Bake, rotating sheet about halfway through, until a cake tester inserted into centers comes out clean, 45 to 50 minutes. |
| | Let cakes cool completely in the flowerpots on a wire rack. |
| | Frost cakes with an offset spatula; sprinkle with crushed cookies. Top with candies; "plant" 1 mint sprig in each cake. |
| | Anna Williams |

Nutrition Facts

PROTEIN 5.49% FAT 28.95% CARBS 65.56%

Properties

Glycemic Index:60.43, Glycemic Load:59.51, Inflammation Score:-6, Nutrition Score:13.781304290761%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 565.34kcal (28.27%), Fat: 19.18g (29.51%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 97.72g (32.57%), Net Carbohydrates: 92.14g (33.51%), Sugar: 60.65g (67.39%), Cholesterol: 34.67mg (11.56%), Sodium: 769.64mg (33.46%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 26.7mg (8.9%), Protein: 8.18g (16.36%), Manganese: 0.77mg (38.62%), Copper: 0.56mg (27.92%), Selenium: 16.26µg (23.22%), Fiber: 5.58g (22.33%), Vitamin K: 23.22µg (22.11%), Iron: 3.97mg (22.04%), Vitamin B1: 0.31mg (20.86%), Folate: 75.61µg (18.9%), Phosphorus: 186.39mg (18.64%), Magnesium: 74.58mg (18.64%), Vitamin B2: 0.31mg (18.24%), Vitamin B3: 2.68mg (13.38%), Calcium: 96.4mg (9.64%), Zinc: 1.35mg (9.03%), Vitamin E: 1.26mg (8.37%), Potassium: 284.74mg (8.14%), Vitamin B5: 0.44mg (4.39%), Vitamin D: 0.54µg (3.62%), Vitamin B12: 0.21µg (3.52%), Vitamin B6: 0.06mg (2.9%), Vitamin A: 106.24IU (2.12%)