



Food In Fiction - Meet Me at the Cupcake Cafe

 Vegetarian

READY IN



20 min.

SERVINGS



16

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tsp double-acting baking powder
- ☐ 0.5 tsp bicarbonate of soda dissolved in a little hot water
- ☐ 100 g butter soft
- ☐ 2 tbsp warm golden syrup
- ☐ 2 tsp nutella
- ☐ 225 g self-raising flour
- ☐ 100 g caster sugar

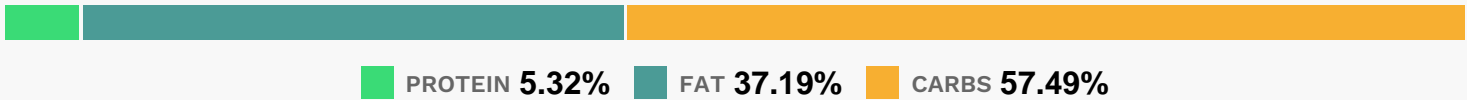
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 200c/gas mark 6.
- ☐ Sift the flour and baking powder in a bowl. Rub in the butter, add the sugar, bicarb, syrup and nutella.
- ☐ Roll into walnut-sized balls and place on a greased baking tray, pressing down the centre of each ball with your thumb.
- ☐ Bake for about 10 minutes. Keep an eye on them, as you can see mine are a little brown at the edges.notes: Issy (the main character in the book) says that while these are baking you should eat 4 tsp of nutella, then eat the entire tray of cookies while reading a gossip magazine and wearing pyjamas.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:12.59, Inflammation Score:-1, Nutrition Score:1.6173912902241%

Nutrients (% of daily need)

Calories: 132.11kcal (6.61%), Fat: 5.51g (8.47%), Saturated Fat: 3.42g (21.4%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 18.78g (6.83%), Sugar: 8.8g (9.78%), Cholesterol: 13.44mg (4.48%), Sodium: 141.07mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Selenium: 5.71µg (8.15%), Manganese: 0.12mg (5.86%), Calcium: 38.13mg (3.81%), Vitamin A: 156.49IU (3.13%), Phosphorus: 28.69mg (2.87%), Vitamin E: 0.23mg (1.55%), Fiber: 0.37g (1.49%), Copper: 0.03mg (1.45%), Iron: 0.22mg (1.23%), Folate: 4.92µg (1.23%), Magnesium: 4.2mg (1.05%)