



Golden Eggs

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup cinnamon sugar mixed
- ☐ 5 large eggs at room temperature
- ☐ 3 cups flour all-purpose
- ☐ 1.3 cups nonfat buttermilk
- ☐ 1 teaspoon nutmeg
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar

- ☐ 8 tablespoons butter unsalted melted (1 stick)
- ☐ 1 teaspoon vanilla extract

Equipment

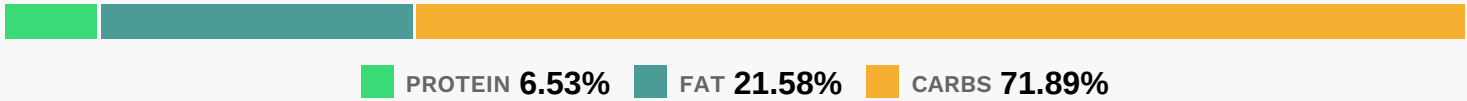
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 325°F. Spray your molds with nonstick spray (I, obviously, use egg-shaped molds. You can use a muffin pan or any other small baking molds.)
- ☐ Sift together the flour, baking powder, salt, and nutmeg. Set aside.
- ☐ In an electric mixer fitted with either the paddle or the whisk attachment, whip the butter and sugar together until light and fluffy.
- ☐ This can take up to 10 minutes, depending on the temperature of your butter.
- ☐ As you're whipping away, stop and scrape down the sides of the bowl to make sure all the butter is incorporated into the sugar.
- ☐ You can't make magic without a lot of patience. So keep whipping and keep scraping.
- ☐ Add the eggs one at a time, whipping after each one until the egg is fully incorporated into the batter.
- ☐ Scrape down the bowl every now and again as well.
- ☐ Add the vanilla.
- ☐ Once all the eggs are incorporated, alternate adding the flour mixture and the buttermilk, mixing slowly.
- ☐ After they are well incorporated but not overbeaten, take a rubber spatula and fold the batter a few times to make sure everything is evenly distributed and the batter is smooth.
- ☐ Distribute the batter into your molds, filling each cavity a little less than halfway.

- ☐ Bake for about 15 minutes. Baking time varies depending on the size of your mold, so checkfor a very light golden brown color and make sure the cake springs back when you touch it.
- ☐ Unmold your little cakes and while they are still warm, dunk them quickly in the melted butter, then dredge them in the cinnamon and sugar.
- ☐ One warning: people are going to call you a stinking liar. They will not believe that these precious morsels aren't fried like a donut. But that's the cost of making magic.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Confections of a Closet Master

Nutrition Facts



Properties

Glycemic Index:31.43, Glycemic Load:52.44, Inflammation Score:-3, Nutrition Score:7.1230434542117%

Nutrients (% of daily need)

Calories: 414.69kcal (20.73%), Fat: 10.08g (15.51%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 75.54g (25.18%), Net Carbohydrates: 74.66g (27.15%), Sugar: 51.39g (57.1%), Cholesterol: 98.06mg (32.69%), Sodium: 354.25mg (15.4%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 6.87g (13.73%), Selenium: 17.39µg (24.84%), Vitamin B1: 0.25mg (16.98%), Folate: 67.39µg (16.85%), Vitamin B2: 0.26mg (15.45%), Manganese: 0.23mg (11.38%), Iron: 1.96mg (10.88%), Phosphorus: 99.53mg (9.95%), Vitamin B3: 1.87mg (9.34%), Calcium: 81.52mg (8.15%), Vitamin A: 345.91IU (6.92%), Vitamin B5: 0.47mg (4.67%), Vitamin D: 0.56µg (3.71%), Fiber: 0.88g (3.52%), Zinc: 0.51mg (3.37%), Copper: 0.07mg (3.36%), Vitamin B12: 0.2µg (3.35%), Vitamin E: 0.45mg (3.03%), Magnesium: 10.18mg (2.55%), Vitamin B6: 0.05mg (2.49%), Potassium: 66.74mg (1.91%)