



Green Tomato and Fig Cupcakes

 Dairy Free

READY IN



65 min.

SERVINGS



18

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 cups cake flour sifted
- 0.5 cup canola oil
- 2 large eggs
- 4 ounces figs fresh black stemmed chopped
- 1 cup granulated sugar
- 8 ounces tomatoes green cored quartered

- 0.5 teaspoon ground cinnamon
- 2 teaspoons orange rind grated
- 0.7 cup pecans chopped
- 1.3 cups powdered sugar
- 0.3 teaspoon salt
- 1 Dash salt
- 0.5 teaspoon vanilla extract

Equipment

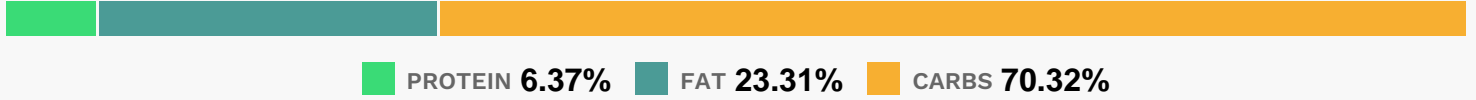
- bowl
- oven
- knife
- blender
- muffin liners
- measuring cup

Directions

- Preheat the oven to 350
- Place tomato in a blender; blend until smooth.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, cinnamon, and 1/4 teaspoon salt in a bowl.
- Place sugar, oil, and eggs in a large bowl; beat with a mixer at high speed until blended. Stir in tomato puree and orange rind.
- Add flour mixture to egg mixture; beat at low speed just until combined. Stir in chopped figs and pecans.
- Place 18 muffin cup liners in muffin cups; coat liners with cooking spray. Spoon batter into cups.
- Bake at 350 for 17 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pans 5 minutes.
- Remove from pans; cool completely on wire racks.

- Place cream cheese in a large bowl; beat with a mixer at high speed until smooth.
- Add powdered sugar, vanilla, and dash of salt; beat until smooth.
- Spread frosting over the top of each cupcake.
- Garnish with sliced figs, if desired.

Nutrition Facts



Properties

Glycemic Index:11.84, Glycemic Load:14.93, Inflammation Score:0, Nutrition Score:3.5486956446067%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 178.06kcal (8.9%), Fat: 4.73g (7.27%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 31.01g (11.28%), Sugar: 20.99g (23.33%), Cholesterol: 20.67mg (6.89%), Sodium: 75.22mg (3.27%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 2.9g (5.81%), Manganese: 0.31mg (15.45%), Selenium: 7.54µg (10.78%), Phosphorus: 54.39mg (5.44%), Copper: 0.09mg (4.55%), Fiber: 1.06g (4.26%), Vitamin C: 3.42mg (4.14%), Vitamin B1: 0.05mg (3.28%), Vitamin B2: 0.05mg (2.98%), Vitamin E: 0.44mg (2.93%), Potassium: 100.62mg (2.87%), Magnesium: 11.07mg (2.77%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.38mg (2.53%), Vitamin K: 2.66µg (2.53%), Vitamin A: 123.26IU (2.47%), Iron: 0.44mg (2.43%), Folate: 9.58µg (2.4%), Calcium: 22.37mg (2.24%), Vitamin B6: 0.04mg (2.01%), Vitamin B3: 0.28mg (1.39%)