



Honey Cream Pear Cupcakes

READY IN



125 min.

SERVINGS



24

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 1 box vanilla cake donut holes french
- ☐ 1.5 teaspoons ginger grated
- ☐ 2 tablespoons butter
- ☐ 3.3 cups anjou pear peeled finely chopped (4 medium)
- ☐ 1 cup jam
- ☐ 0.5 cup crème fraîche sour
- ☐ 1 cup whipping cream
- ☐ 0.3 cup honey
- ☐ 1 serving candied ginger chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Spray 24 regular-size muffin cups with cooking spray. Make cake mix as directed on box, using water, oil and eggs. Stir in gingerroot. Divide batter evenly among muffin cups.
- ☐ Bake as directed for cupcakes. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Meanwhile, in 10-inch nonstick skillet, melt butter over medium heat. Cook pears in butter 10 minutes, stirring frequently, until tender. Stir in pear preserves. Cook 1 minute longer.
- ☐ Transfer to medium bowl; cool completely.
- ☐ In chilled medium bowl, beat crème fraîche, whipping cream and honey with electric mixer on high speed until stiff peaks form. To assemble cupcakes, cut each cupcake in half horizontally. Spoon 1 heaping tablespoon pear mixture onto bottom half of each cupcake; cover with cupcake tops. Spoon about 2 tablespoons honey cream mixture onto each cupcake.
- ☐ Garnish with crystallized ginger. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:7.8, Inflammation Score:-2, Nutrition Score:3.0043478297151%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg,

Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg
Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg,
Epigallocatechin 3–gallate: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg,
Isorhamnetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 194.83kcal (9.74%), Fat: 6.29g (9.67%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 34.16g (11.39%), Net
Carbohydrates: 33.06g (12.02%), Sugar: 21.5g (23.89%), Cholesterol: 14.03mg (4.68%), Sodium: 169.37mg (7.36%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Phosphorus: 87.82mg (8.78%), Calcium: 63.99mg
(6.4%), Vitamin B2: 0.09mg (5.4%), Folate: 18.98µg (4.75%), Vitamin A: 222.95IU (4.46%), Fiber: 1.1g (4.38%),
Selenium: 2.66µg (3.8%), Vitamin B1: 0.05mg (3.65%), Manganese: 0.06mg (3.21%), Iron: 0.56mg (3.1%), Vitamin B3:
0.57mg (2.86%), Vitamin C: 2.34mg (2.83%), Copper: 0.05mg (2.67%), Vitamin E: 0.38mg (2.51%), Potassium:
68.46mg (1.96%), Vitamin K: 1.95µg (1.86%), Magnesium: 5.83mg (1.46%), Vitamin B5: 0.12mg (1.22%), Zinc: 0.18mg
(1.19%), Vitamin B6: 0.02mg (1.1%), Vitamin D: 0.16µg (1.06%)