



Hooting Halloween owls

 Popular

READY IN



35 min.

SERVINGS



12

CALORIES



457 kcal

SIDE DISH

Ingredients

- ☐ 200 g butter softened
- ☐ 1 tbsp cocoa powder
- ☐ 6 medium eggs
- ☐ 280 g brown sugar
- ☐ 1 tube chocolate icing
- ☐ 280 g powdered sugar sifted
- ☐ 1 tub jam (just the orange ones)
- ☐ 200 g self raising flour

☐ 1 tube m&m candies mini (use just the brown sweets)

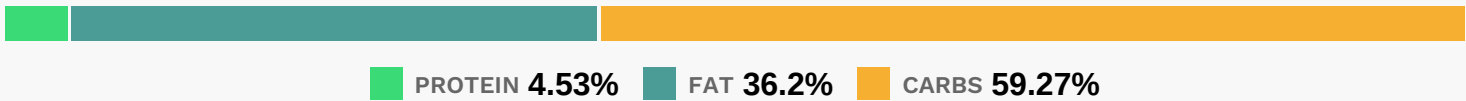
Equipment

- ☐ oven
- ☐ muffin tray

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Line a 12-cup muffin tin with brown muffin cases. Beat the first 5 ingredients to a smooth batter and spoon between the cases, almost filling them to the top. You may have a little left over.
- ☐ Bake for 20-25 mins until risen and spongy. Cool on a rack. Beat the butter and icing sugar until smooth. Slice off the very tops of the cakes and cut each piece in half.
- ☐ Spread a generous layer of icing over each cake. Working on one cake at a time, squirt a pea-sized blob of orange icing onto two Maltesers and use to fix a brown M&M on each. Sit the eyes, two pieces of cake top (curved edge up) and a jelly diamond on the icing to make an owl.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:10.79, Inflammation Score:-3, Nutrition Score:4.7565216878834%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 456.63kcal (22.83%), Fat: 18.64g (28.67%), Saturated Fat: 10.29g (64.33%), Carbohydrates: 68.68g (22.89%), Net Carbohydrates: 67.99g (24.72%), Sugar: 54.82g (60.91%), Cholesterol: 118.36mg (39.45%), Sodium: 167.38mg (7.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.49%), Selenium: 14.03µg (20.05%), Vitamin A: 545.9IU (10.92%), Vitamin B2: 0.15mg (8.94%), Manganese: 0.17mg (8.57%), Phosphorus: 69.78mg (6.98%), Vitamin E: 0.84mg (5.59%), Iron: 0.85mg (4.74%), Vitamin B5: 0.47mg (4.66%), Calcium: 44.63mg (4.46%),

Folate: 17.53µg (4.38%), Copper: 0.08mg (3.8%), Vitamin B12: 0.22µg (3.74%), Zinc: 0.49mg (3.25%), Vitamin D: 0.44µg (2.93%), Magnesium: 11.59mg (2.9%), Fiber: 0.69g (2.76%), Vitamin B6: 0.05mg (2.71%), Potassium: 92.83mg (2.65%), Vitamin K: 2.59µg (2.47%), Vitamin B1: 0.02mg (1.62%), Vitamin B3: 0.25mg (1.24%)