



Hot cross bun cupcakes

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 1 tbsp juice of lemon
- ☐ 100 ml milk whole
- ☐ 175 g butter unsalted
- ☐ 175 g self raising flour
- ☐ 0.5 tsp double-acting baking powder
- ☐ 175 g brown sugar light soft
- ☐ 2 tsp spice mixed
- ☐ 100 g almond flour

- ☐ 3 large eggs beaten at room temperature
- ☐ 0.8 orange zest
- ☐ 1 medium apples grated peeled
- ☐ 1 tbsp apricot preserves with 1 tablespoon water warmed
- ☐ 0.3 orange zest
- ☐ 50 g cream cheese
- ☐ 50 g powdered sugar
- ☐ 25 g butter softened
- ☐ 0.3 tsp spice mixed
- ☐ 100 g frangelico
- ☐ 100 g frangelico

Equipment

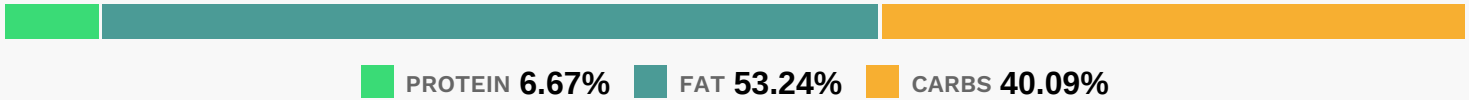
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin tray
- ☐ serrated knife

Directions

- ☐ Combine the lemon juice and milk in a large jug, and set aside for 5 mins. Meanwhile, heat oven to 180C/160C fan/gas 4 and melt the butter in a saucepan. Use a little of the butter to grease a 12-hole muffin tin.
- ☐ Put the flour, baking powder, sugar, spice, almonds and a pinch of salt into a large bowl, then sift through it with your fingers to squash any lumps of sugar. Beat the eggs, zest and melted butter into the thickened milk.
- ☐ Pour this into the dry ingredients, then beat with a balloon whisk until even. Stir in the dried fruit and apple, scoop mix into the tin (the holes will be full; see tip below), then bake for 18–20 mins until golden and well risen. Cool for 10 mins in the tin, then remove to a rack.

When the buns are cold, cut a cross from the top of each one using a serrated knife, then brush the tops with the apricot jam. For the spiced buttercream, beat everything together until creamy and pale. Pipe the buttercream into the crosses. Alternatively, simply glaze the buns and pipe crosses across the tops.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:7.67, Inflammation Score:-3, Nutrition Score:4.670869630316%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 343.02kcal (17.15%), Fat: 20.86g (32.1%), Saturated Fat: 10.31g (64.45%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 33.59g (12.21%), Sugar: 21.55g (23.94%), Cholesterol: 87.57mg (29.19%), Sodium: 74.93mg (3.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Selenium: 10.6µg (15.14%), Vitamin A: 571.03IU (11.42%), Manganese: 0.2mg (9.77%), Calcium: 74.19mg (7.42%), Fiber: 1.77g (7.07%), Phosphorus: 63.29mg (6.33%), Vitamin B2: 0.1mg (5.86%), Iron: 0.91mg (5.05%), Vitamin E: 0.66mg (4.38%), Vitamin D: 0.56µg (3.76%), Vitamin B5: 0.37mg (3.65%), Vitamin C: 2.78mg (3.36%), Vitamin B12: 0.2µg (3.25%), Folate: 12.82µg (3.21%), Potassium: 97.15mg (2.78%), Copper: 0.05mg (2.73%), Vitamin B6: 0.05mg (2.55%), Zinc: 0.38mg (2.53%), Magnesium: 9.88mg (2.47%), Vitamin B1: 0.03mg (1.86%), Vitamin K: 1.8µg (1.72%), Vitamin B3: 0.22mg (1.12%)