



## Individual Grape and Vin Santo Cakes

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



414 kcal

DESSERT

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 servings confectioners sugar
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose divided
- ☐ 0.7 cup granulated sugar divided
- ☐ 1 tablespoon orange zest grated
- ☐ 7 ounces grapes red seedless

- ☐ 0.3 teaspoon salt
- ☐ 1 stick butter unsalted softened
- ☐ 0.7 cup vin santo sweet
- ☐ 0.7 cup vin santo sweet

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 375°F with rack in middle. Generously butter muffin cups and dust with flour, knocking out excess.
- ☐ Whisk together 1 1/2 cups flour, baking powder, baking soda, and salt.
- ☐ Beat butter with 2/3 cup granulated sugar using an electric mixer at medium speed until light and fluffy.
- ☐ Add eggs 1 at a time, beating well after each addition. Beat in zest.
- ☐ Add flour mixture in 2 batches alternately with wine, beginning and ending with flour and mixing until just incorporated.
- ☐ Toss grapes with remaining tablespoon flour, then fold into batter.
- ☐ Divide batter among muffin cups.
- ☐ Sprinkle with remaining 2 tablespoons granulated sugar.
- ☐ Bake until golden and springy to the touch, 18 to 20 minutes. Cool in pan 5 minutes, then loosen with a knife and remove. Cool to warm, 5 to 10 minutes more.
- ☐ Cakes can be baked in 12 (1/3-to 1/2-cup) muffin cups. Baking time will be slightly shorter, 16 to 18 minutes.

## Nutrition Facts



**PROTEIN 5.45%** **FAT 36.97%** **CARBS 57.58%**

## Properties

Glycemic Index:47.18, Glycemic Load:35.64, Inflammation Score:-5, Nutrition Score:8.0678260533706%

## Nutrients (% of daily need)

Calories: 413.62kcal (20.68%), Fat: 17.29g (26.6%), Saturated Fat: 10.26g (64.14%), Carbohydrates: 60.61g (20.2%), Net Carbohydrates: 59.36g (21.59%), Sugar: 35.29g (39.21%), Cholesterol: 102.49mg (34.16%), Sodium: 321.53mg (13.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Selenium: 16.13µg (23.04%), Vitamin B1: 0.28mg (18.46%), Folate: 66.55µg (16.64%), Vitamin B2: 0.27mg (15.69%), Manganese: 0.24mg (12.18%), Vitamin A: 586.67IU (11.73%), Iron: 2mg (11.11%), Phosphorus: 100mg (10%), Vitamin B3: 1.94mg (9.68%), Calcium: 82.58mg (8.26%), Vitamin K: 6.29µg (5.99%), Copper: 0.11mg (5.26%), Fiber: 1.25g (5%), Vitamin E: 0.7mg (4.64%), Vitamin B5: 0.43mg (4.35%), Vitamin D: 0.62µg (4.11%), Vitamin B6: 0.07mg (3.64%), Potassium: 127.07mg (3.63%), Zinc: 0.48mg (3.2%), Vitamin B12: 0.18µg (3.01%), Magnesium: 12.06mg (3.01%), Vitamin C: 2.42mg (2.93%)