



Lemon meringue cupcakes

READY IN



40 min.

SERVINGS



12

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 200 g sugar
- ☐ 100 g butter softened
- ☐ 2 egg whites
- ☐ 2 juice of lemon
- ☐ 100 g self raising flour
- ☐ 4 tbsp lemon curd

Equipment

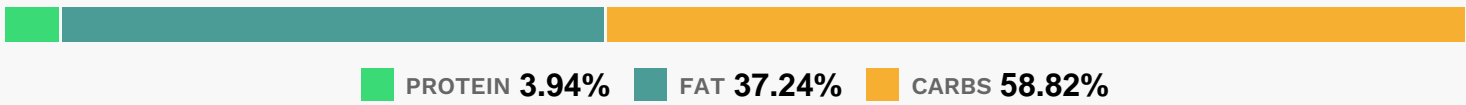
- ☐ bowl

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Beat half the sugar and all the butter until pale, then add whole eggs, one by one, beating in well each time. Stir in the zest and a squeeze of lemon juice, then fold in flour. Check the batters consistency; it should softly drop off the end of a spoon.
- ☐ Add more lemon juice if its a bit stiff.
- ☐ Line a 12-hole bun tin with cake cases and put 1 large tbsp mix in each. Smooth then make a little dip in the centre. Spoon 1 tsp lemon curd into each dip and cover with 1 tbsp cake mix.
- ☐ Bake for 10 mins.
- ☐ Meanwhile, place the egg whites into a clean bowl, whisk until stiff peaks form, then whisk in the rest of the sugar a tbsp at a time. Keep whisking until the mixture looks glossy and has thickened a little, like shaving foam. Spoon the mixture into a freezer bag and snip off the end to leave a hole with a 1.5cm diameter.
- ☐ Take the cakes out of the oven tops should be very pale and just firm then pipe meringue all over the cakes. Return to the oven for 10-15 mins until the cakes are cooked through and meringue lightly browned. Can be made 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:15.55, Inflammation Score:-1, Nutrition Score:1.2891304376333%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 178.92kcal (8.95%), Fat: 7.55g (11.62%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 26.62g (9.68%), Sugar: 20.63g (22.92%), Cholesterol: 17.92mg (5.97%), Sodium: 81.27mg

(3.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Selenium: 4.5µg (6.42%), Vitamin A: 208.72IU (4.17%), Manganese: 0.07mg (3.39%), Vitamin C: 1.93mg (2.35%), Vitamin B2: 0.03mg (1.98%), Vitamin E: 0.23mg (1.56%), Phosphorus: 11.23mg (1.12%), Folate: 4.2µg (1.05%)