



Little Louise cupcakes



Vegetarian



Popular

READY IN



90 min.

SERVINGS



12

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 175 g butter softened
- ☐ 350 g sugar white
- ☐ 1 tsp vanilla extract
- ☐ 5 eggs separated
- ☐ 175 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 150 ml milk
- ☐ 12 tsp raspberry jam firm

☐ 85 g coconut flakes

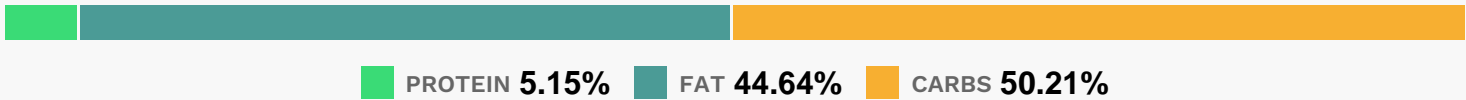
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ skewers
- ☐ muffin tray

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with cases. In a large mixing bowl beat together the butter, 175g of the sugar and the vanilla extract until light and fluffy. Beat in the whole egg, followed by the 4 yolks, before briefly beating in the flour, baking powder and milk until smooth. Divide two-thirds of the mix evenly between the cases, then top the centre of each with 1 tsp jam. Divide remaining cake mix over the top, using a wet finger to smooth it in place so no jam is visible.
- ☐ Bake for 18–22 mins until a skewer poked into the centre comes out clean. Wait until cool enough to handle, then transfer the cakes to a flat baking sheet.
- ☐ Lower oven to 110C/90C fan/gas . Using a large, clean bowl, beat the 4 egg whites until stiff, then continue whisking while you gradually add the remaining 175g sugar. Beat until thick and shiny, then fold in the coconut and use spoonfuls of the mixture to top each cake.
- ☐ Bake for 30–35 mins until the outside of the meringue is crisp, then cool before serving.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:31.35, Inflammation Score:-3, Nutrition Score:6.2360869386922%

Nutrients (% of daily need)

Calories: 371.31kcal (18.57%), Fat: 18.8g (28.92%), Saturated Fat: 12.39g (77.41%), Carbohydrates: 47.57g (15.86%),
Net Carbohydrates: 45.94g (16.71%), Sugar: 33.8g (37.56%), Cholesterol: 101.1mg (33.7%), Sodium: 170.81mg
(7.43%), Alcohol: 0.12g (100%), Alcohol %: 0.15% (100%), Protein: 4.88g (9.75%), Selenium: 12.59µg (17.98%),
Manganese: 0.3mg (15.22%), Vitamin B2: 0.2mg (11.58%), Vitamin A: 484.32IU (9.69%), Phosphorus: 92.91mg
(9.29%), Folate: 37.15µg (9.29%), Vitamin B1: 0.14mg (9.01%), Iron: 1.33mg (7.37%), Fiber: 1.63g (6.5%), Calcium:
57.91mg (5.79%), Copper: 0.1mg (5%), Vitamin B3: 0.94mg (4.71%), Vitamin B5: 0.47mg (4.67%), Vitamin B12:
0.26µg (4.29%), Vitamin E: 0.59mg (3.9%), Zinc: 0.55mg (3.7%), Magnesium: 14.05mg (3.51%), Vitamin B6: 0.07mg
(3.43%), Vitamin D: 0.51µg (3.39%), Potassium: 108.77mg (3.11%), Vitamin K: 1.18µg (1.12%)