



Maple Cupcakes with Cherry Compote and Goat Cheese Frosting

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



609 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups cherries pitted
- ☐ 4 tablespoons cornstarch
- ☐ 8 ounce cream cheese at room temperature
- ☐ 3 large eggs
- ☐ 2.8 cups flour all-purpose

- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups maple syrup pure
- ☐ 1 cup milk
- ☐ 4 cups powdered sugar
- ☐ 1 pinch salt
- ☐ 1 teaspoon salt
- ☐ 1 stick butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure

Equipment

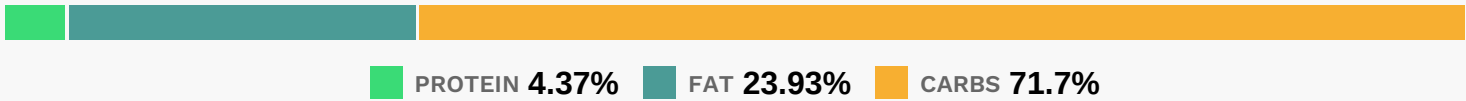
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F. Line a cupcake or muffin pan with 24 regular cupcake liners.
- ☐ In a bowl, mix the flour, baking powder, cinnamon and salt together. Set the bowl aside.
- ☐ In the bowl of an electric stand mixer fitted with a whisk attachment, cream the butter until light and fluffy.
- ☐ Add in the maple syrup and combine.
- ☐ Add in the eggs one at a time, mixing between each addition. Then add the vanilla and combine. Alternate adding the flour mixture and the milk to the mixer.
- ☐ Mix until just combined.

- ☐ Fill the cupcake liners three-quarters full.
- ☐ Bake until cooked through, 16 to 18 minutes. Cool the cupcakes completely.
- ☐ To assemble: Fill cupcakes with the cooled Cherry Compote. Top with the Goat Cheese Cream Cheese Frosting.
- ☐ In a pan, heat the cherries, agave nectar, cornstarch, salt and 1/4 cup water.
- ☐ Whisk until combined and there are no clumps of cornstarch.
- ☐ Heat over medium-high heat until the compote begins to boil, and then bring to a simmer. Cook until you reach the desired thickness, 15 to 20 minutes.
- ☐ Place in a bowl to cool.
- ☐ In the bowl of a standing mixer fitted with a paddle attachment, beat the butter, cream cheese, goat cheese and salt until smooth and fluffy.
- ☐ Add in the powdered sugar, a little at a time, and beat until achieved desired consistency.
- ☐ Add to a piping bag fitted with desired tip.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:31.14, Inflammation Score:-5, Nutrition Score:13.499130394148%

Flavonoids

Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 609.27kcal (30.46%), Fat: 16.33g (25.12%), Saturated Fat: 9.48g (59.24%), Carbohydrates: 110.1g (36.7%), Net Carbohydrates: 108.72g (39.53%), Sugar: 79.2g (88%), Cholesterol: 88.27mg (29.42%), Sodium: 395.55mg (17.2%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 6.71g (13.41%), Manganese: 1.49mg (74.32%),

Vitamin B2: 0.98mg (57.53%), Selenium: 16.05µg (22.94%), Vitamin B1: 0.29mg (19.56%), Calcium: 179.47mg (17.95%), Folate: 62.59µg (15.65%), Phosphorus: 125.97mg (12.6%), Vitamin A: 604.8IU (12.1%), Iron: 1.88mg (10.44%), Vitamin B3: 1.86mg (9.29%), Potassium: 279.93mg (8%), Magnesium: 26.47mg (6.62%), Zinc: 0.95mg (6.33%), Vitamin B5: 0.56mg (5.58%), Fiber: 1.38g (5.52%), Vitamin B12: 0.28µg (4.64%), Vitamin D: 0.61µg (4.1%), Vitamin E: 0.6mg (4.03%), Vitamin B6: 0.08mg (3.97%), Copper: 0.07mg (3.74%), Vitamin C: 2.4mg (2.9%), Vitamin K: 2.81µg (2.67%)