



# Maple Walnut Cakes

 Vegetarian

READY IN

ready

87 min.

SERVINGS

servings

12

CALORIES

calories

257 kcal

DESSERT

## Ingredients

- ☐ 2 cups baking mix
- ☐ 1 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup maple syrup
- ☐ 1 tablespoon maple syrup
- ☐ 1 teaspoon pumpkin pie spice

- ☐ 1 teaspoon vanilla extract
- ☐ 12 walnut halves for garnish
- ☐ 0.3 cup walnuts chopped

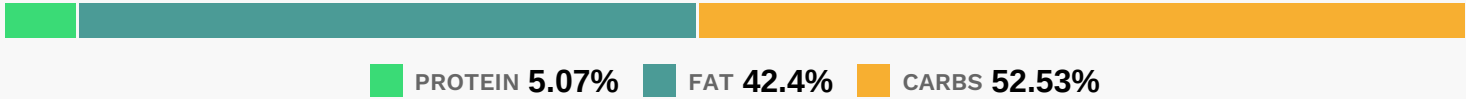
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ ice cream scoop
- ☐ muffin tray

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Line a 12 cup muffin tin with paper liners.
- ☐ In a large bowl, measure out 2 cups of baking mix, and set aside.
- ☐ In a medium bowl, beat together the egg, maple syrup, heavy cream, and vanilla.
- ☐ Add the wet ingredients to the baking mix and beat until well incorporated but not over mixed, about 1 minute. Gently stir in the chopped walnuts. Using an ice cream scoop, fill the muffin tins about 2/3 full.
- ☐ Bake until golden brown and a toothpick inserted into the center comes out clean, about 10 to 12 minutes. Cool for 1 minute before removing the cakes from the pan and cooling completely on a wire rack.
- ☐ Glaze: Stir together the confectioners' sugar, pumpkin pie spice, maple syrup, and heavy cream in a medium bowl.
- ☐ Whisk the mixture slowly until it becomes a thick but pourable mixture, adding more heavy cream as needed. Dip the cakes into the icing bowl to coat the top, and garnish each with a walnut half. Arrange them on a serving platter and serve.

# Nutrition Facts



## Properties

Glycemic Index:9.42, Glycemic Load:3.78, Inflammation Score:-3, Nutrition Score:6.2726087077804%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg

## Nutrients (% of daily need)

Calories: 256.91kcal (12.85%), Fat: 12.24g (18.84%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 33.33g (12.12%), Sugar: 21.79g (24.21%), Cholesterol: 30.85mg (10.28%), Sodium: 266.2mg (11.57%), Alcohol: 0.1g (100%), Alcohol %: 0.21% (100%), Protein: 3.29g (6.58%), Manganese: 0.62mg (31.15%), Vitamin B2: 0.33mg (19.65%), Phosphorus: 151.27mg (15.13%), Vitamin B1: 0.15mg (9.84%), Folate: 32.5µg (8.13%), Calcium: 70.53mg (7.05%), Copper: 0.12mg (6.01%), Vitamin B3: 1mg (4.98%), Selenium: 3.4µg (4.86%), Vitamin A: 240.75IU (4.81%), Iron: 0.84mg (4.68%), Magnesium: 18.21mg (4.55%), Fiber: 0.8g (3.19%), Zinc: 0.48mg (3.17%), Potassium: 110.68mg (3.16%), Vitamin B5: 0.3mg (3.01%), Vitamin B6: 0.06mg (2.78%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.31µg (2.08%), Vitamin K: 1.98µg (1.88%), Vitamin E: 0.24mg (1.61%)