



Miniature Almond Cakes with Sugared Cherries and Kirsch Cream

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



86 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 large egg whites
- ☐ 4 large egg yolks
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup superfine granulated sugar
- ☐ 1 teaspoon granulated sugar
- ☐ 0.5 cup heavy cream chilled

- ☐ 1 tablespoon kirsch liqueur
- ☐ 2 tablespoons milk
- ☐ 4 teaspoons powdered egg whites
- ☐ 0.3 teaspoon salt
- ☐ 20 cherries sweet with stems attached
- ☐ 0.3 cup warm water

Equipment

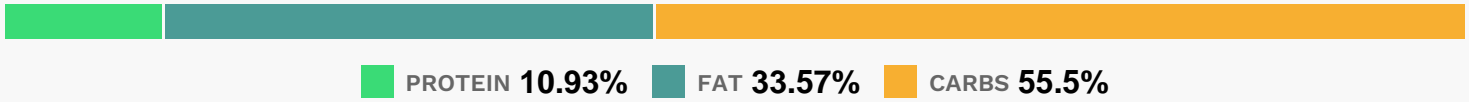
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ Preheat oven to 350°F. Butter a 9-inch square cake pan and line bottom with parchment or wax paper. Butter paper and dust pan with flour, knocking out excess.
- ☐ Whisk together yolks, 1/2 cup sugar, milk, and extract in a large bowl until combined well, then whisk in flour and salt.
- ☐ Beat whites with an electric mixer at high speed until they just hold soft peaks. Gradually add remaining 1/4 cup sugar, mixing at low speed until whites just hold stiff peaks. Stir about one third of whites into batter to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Pour batter into cake pan, spreading evenly, and bake in middle of oven until pale golden and a tester comes out clean, 14 to 16 minutes. Cool cake completely in pan on a rack.
- ☐ Whisk together powdered egg whites and warm water in a small bowl until combined well. Put superfine sugar in another small bowl.
- ☐ Holding 1 cherry by stem, brush evenly with some egg white and spoon sugar over it to coat.
- ☐ Transfer to a rack to dry and coat remaining cherries in same manner.

- ☐ Beat cream with kirsch and sugar using cleaned beaters until it holds stiff peaks.
- ☐ Cut out 20 rounds from cake with cookie cutter and transfer to a platter. Top each round with a teaspoon of kirsch cream, then top cream with a cherry.
- ☐ • Cake rounds (without topping) keep in an airtight container at room temperature 1 day. • Sugared cherries can be made 4 hours ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:7.37, Inflammation Score:-1, Nutrition Score:1.8186956618143%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 85.64kcal (4.28%), Fat: 3.17g (4.88%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.56g (4.2%), Sugar: 9.07g (10.08%), Cholesterol: 43.62mg (14.54%), Sodium: 51.28mg (2.23%), Alcohol: 0.28g (100%), Alcohol %: 0.95% (100%), Protein: 2.33g (4.65%), Selenium: 5.11µg (7.3%), Vitamin B2: 0.09mg (5.31%), Folate: 11.55µg (2.89%), Vitamin A: 144.04IU (2.88%), Phosphorus: 24.91mg (2.49%), Vitamin B1: 0.03mg (2.33%), Vitamin D: 0.3µg (1.97%), Vitamin B5: 0.17mg (1.66%), Iron: 0.28mg (1.56%), Manganese: 0.03mg (1.5%), Vitamin B12: 0.09µg (1.48%), Potassium: 49.5mg (1.41%), Calcium: 12.7mg (1.27%), Vitamin B3: 0.22mg (1.08%), Vitamin B6: 0.02mg (1.04%), Fiber: 0.25g (1.01%)