



Monster cupcakes

READY IN



50 min.

SERVINGS



12

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 250 g self raising flour
- ☐ 25 g cocoa powder
- ☐ 175 g g muscovado sugar light
- ☐ 85 g butter unsalted melted
- ☐ 5 tbsp unrefined sunflower oil
- ☐ 150 g yogurt fat-free
- ☐ 1 tsp vanilla extract
- ☐ 3 large eggs
- ☐ 85 g butter unsalted softened

- ☐ 1 tbsp milk
- ☐ 0.5 tsp vanilla extract
- ☐ 200 g powdered sugar sifted
- ☐ 12 servings sprinkles

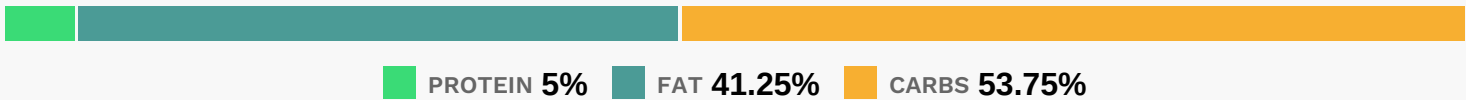
Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers
- ☐ muffin tray

Directions

- ☐ Heat oven to 190C/170C fan/gas 5 and line a 12-hole muffin tin with deep cake cases. Put all the cake ingredients into a large bowl and beat together with electric hand beaters until smooth. Spoon the mix into the cases, then bake for 20 mins until risen and a skewer inserted into the middle comes out dry. Cool completely on a rack. Can be made up to 3 days ahead and kept in an airtight container, or frozen for up to 1 month.
- ☐ For the frosting, work the butter, milk and vanilla into the icing sugar until creamy and pale. Colour with food colouring, if using, then create your own gruesome monster faces using sweets and sprinkles.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:9.81, Inflammation Score:-3, Nutrition Score:5.7717391829128%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 422.79kcal (21.14%), Fat: 19.73g (30.35%), Saturated Fat: 8.98g (56.13%), Carbohydrates: 57.84g (19.28%), Net Carbohydrates: 56.57g (20.57%), Sugar: 40.79g (45.32%), Cholesterol: 77.36mg (25.79%), Sodium: 34.73mg (1.51%), Alcohol: 0.18g (100%), Alcohol %: 0.21% (100%), Caffeine: 4.79mg (1.6%), Protein: 5.37g (10.75%), Vitamin E: 2.94mg (19.62%), Selenium: 13.3µg (19%), Manganese: 0.26mg (13.04%), Phosphorus: 85.15mg (8.52%), Vitamin A: 424.84IU (8.5%), Copper: 0.14mg (6.92%), Vitamin B2: 0.11mg (6.71%), Calcium: 54.93mg (5.49%), Magnesium: 21.29mg (5.32%), Fiber: 1.27g (5.08%), Iron: 0.82mg (4.58%), Zinc: 0.63mg (4.17%), Vitamin B5: 0.41mg (4.08%), Folate: 15.49µg (3.87%), Potassium: 127.41mg (3.64%), Vitamin B12: 0.22µg (3.64%), Vitamin D: 0.48µg (3.17%), Vitamin B6: 0.05mg (2.27%), Vitamin B1: 0.03mg (2.05%), Vitamin B3: 0.3mg (1.52%), Vitamin K: 1.49µg (1.42%)