



Orange & Poppy Seed Cupcakes

READY IN



40 min.

SERVINGS



15

CALORIES



347 kcal

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tsp peppercorn black
- ☐ 1 tsp brown sugar
- ☐ 400 g canned tomatoes canned
- ☐ 2 carrots
- ☐ 2 stalks celery
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 bulb garlic crushed peeled
- ☐ 60 g ground almonds
- ☐ 2 Tbs heavy cream

- ☐ 600 g live lobsters
- ☐ 100 g marmalade
- ☐ 1 large onion
- ☐ 80 ml orange juice
- ☐ 2 orange zest
- ☐ 1 bunch parsley
- ☐ 150 g penne pasta
- ☐ 15 servings bell pepper
- ☐ 40 g poppy seeds
- ☐ 15 servings chili flakes red
- ☐ 15 servings salt
- ☐ 185 g self-raising flour
- ☐ 5 shallots
- ☐ 1 cup lobster stock
- ☐ 140 g caster sugar
- ☐ 1 bunch thyme leaves
- ☐ 0.5 Tbs tomato paste
- ☐ 185 g butter unsalted
- ☐ 4 L water

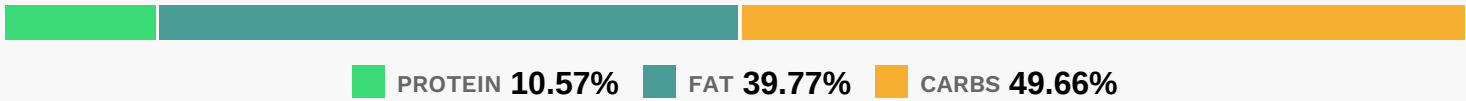
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 170°C.

Nutrition Facts



Properties

Glycemic Index:48.4, Glycemic Load:20.64, Inflammation Score:-10, Nutrition Score:24.490434802097%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 8.35mg, Apigenin: 8.35mg, Apigenin: 8.35mg, Apigenin: 8.35mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 347.13kcal (17.36%), Fat: 15.93g (24.51%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 44.77g (14.92%), Net Carbohydrates: 39.17g (14.24%), Sugar: 20.07g (22.3%), Cholesterol: 80.2mg (26.73%), Sodium: 425.9mg (18.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.07%), Vitamin C: 111.11mg (134.68%), Vitamin A: 5153.09IU (103.06%), Vitamin K: 73.79µg (70.28%), Selenium: 23.05µg (32.93%), Manganese: 0.66mg (32.77%), Fiber: 5.6g (22.38%), Vitamin B6: 0.42mg (21.2%), Copper: 0.42mg (21.05%), Vitamin E: 3.03mg (20.2%), Folate: 69.75µg (17.44%), Phosphorus: 148.07mg (14.81%), Potassium: 504.19mg (14.41%), Iron: 2.43mg (13.49%), Magnesium: 52.06mg (13.02%), Calcium: 122.09mg (12.21%), Vitamin B2: 0.2mg (11.52%), Vitamin B3: 2.04mg (10.18%), Zinc: 1.51mg (10.07%), Vitamin B1: 0.14mg (9.5%), Vitamin B5: 0.88mg (8.82%), Vitamin B12: 0.25µg (4.22%), Vitamin D: 0.42µg (2.78%)