



Orange & Poppy Seed Cupcakes

READY IN



40 min.

SERVINGS



15

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 3 large eggs lightly beaten
- ☐ 60 g ground almonds
- ☐ 100 g marmalade
- ☐ 80 ml orange juice
- ☐ 2 orange zest
- ☐ 40 g poppy seeds
- ☐ 185 g self-raising flour
- ☐ 140 g caster sugar
- ☐ 185 g butter unsalted

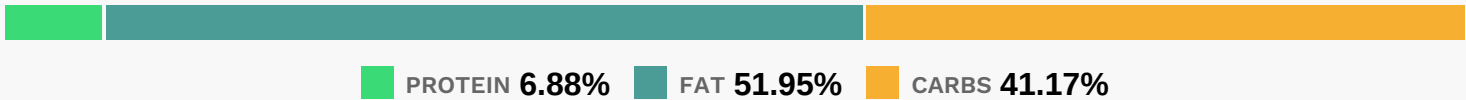
Equipment

☐ oven

Directions

☐ Preheat oven to 170°C.

Nutrition Facts



Properties

Glycemic Index:16.61, Glycemic Load:15.1, Inflammation Score:-3, Nutrition Score:4.3939130513564%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 242.39kcal (12.12%), Fat: 14.3g (21.99%), Saturated Fat: 6.94g (43.38%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 24g (8.73%), Sugar: 13.32g (14.8%), Cholesterol: 63.72mg (21.24%), Sodium: 18.83mg (0.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Manganese: 0.28mg (14.18%), Selenium: 8.66µg (12.37%), Vitamin A: 380.36IU (7.61%), Vitamin C: 5.58mg (6.77%), Calcium: 61.77mg (6.18%), Phosphorus: 60.48mg (6.05%), Fiber: 1.49g (5.98%), Copper: 0.09mg (4.31%), Iron: 0.76mg (4.23%), Vitamin B2: 0.07mg (4.11%), Magnesium: 15.02mg (3.75%), Folate: 14.22µg (3.55%), Vitamin E: 0.5mg (3.35%), Zinc: 0.47mg (3.12%), Vitamin B1: 0.05mg (3.02%), Vitamin D: 0.38µg (2.57%), Vitamin B5: 0.25mg (2.49%), Potassium: 68.16mg (1.95%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.03mg (1.75%)