



Orange & Poppy Seed Cupcakes

READY IN



40 min.

SERVINGS



15

CALORIES



498 kcal

Ingredients

- ☐ 2 bay leaves
- ☐ 2 Tbs preserved black beans – 3 times minced rinsed
- ☐ 1 tsp peppercorn black
- ☐ 2 tsp vinegar black
- ☐ 1 tsp brown sugar
- ☐ 400 g canned tomatoes canned
- ☐ 2 carrots
- ☐ 2 stalks celery
- ☐ 1.5 kg chicken – into half whole chopped
- ☐ 0.5 cup chicken stock see

- ☐ 1.5 Tbs chili oil flakes
- ☐ 2 stalks coriander diced
- ☐ 15 servings cornstarch slurry (cornstarch+water)
- ☐ 3 large eggs lightly beaten
- ☐ 1 bunch coriander leaves
- ☐ 3 cloves garlic grated
- ☐ 1 tsp ginger grated
- ☐ 60 g ground almonds
- ☐ 2 Tbs heavy cream
- ☐ 1 Tbs soya sauce light
- ☐ 600 g live lobsters
- ☐ 100 g marmalade
- ☐ 2 Tbs oil
- ☐ 1 large onion
- ☐ 80 ml orange juice
- ☐ 2 orange zest
- ☐ 1 Tbs oyster sauce
- ☐ 1 bunch parsley
- ☐ 150 g penne pasta
- ☐ 15 servings bell pepper
- ☐ 2 tsp sichuan peppercorn
- ☐ 40 g poppy seeds
- ☐ 15 servings chili flakes red
- ☐ 1 dash pepper powder white
- ☐ 15 servings salt
- ☐ 185 g self-raising flour
- ☐ 1 tsp sesame oil
- ☐ 5 shallots
- ☐ 1 Tbs rice wine

- ☐ 1 stalk spring onion diced
- ☐ 1 cup lobster stock
- ☐ 1 tsp sugar
- ☐ 140 g caster sugar
- ☐ 1 bunch thyme leaves
- ☐ 0.5 Tbs tomato paste
- ☐ 185 g butter unsalted
- ☐ 2 L water
- ☐ 30 g cordyceps militaris dried rinsed
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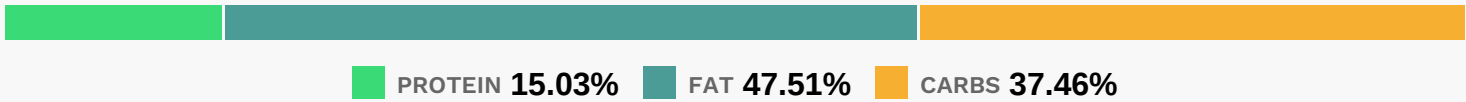
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 170°C.

Nutrition Facts



Properties

Glycemic Index:66.8, Glycemic Load:21.07, Inflammation Score:-10, Nutrition Score:28.731739064922%

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: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 498.02kcal (24.9%), Fat: 26.87g (41.34%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 41.66g (15.15%), Sugar: 20.53g (22.81%), Cholesterol: 116.44mg (38.81%), Sodium: 564.79mg (24.56%), Alcohol: 0.16g (100%), Alcohol %: 0.05% (100%), Protein: 19.12g (38.24%), Vitamin C: 112.64mg (136.53%), Vitamin A: 5244.78IU (104.9%), Vitamin K: 80.69µg (76.85%), Selenium: 30.4µg (43.43%), Manganese: 0.77mg (38.66%), Vitamin B6: 0.61mg (30.5%), Vitamin B3: 5.53mg (27.63%), Vitamin E: 3.72mg (24.83%), Fiber: 6g (24%), Phosphorus: 228.12mg (22.81%), Copper: 0.45mg (22.37%), Folate: 77.28µg (19.32%), Potassium: 630.1mg (18%), Iron: 3.08mg (17.12%), Magnesium: 64.56mg (16.14%), Vitamin B2: 0.27mg (15.79%), Zinc: 2.19mg (14.58%), Vitamin B5: 1.34mg (13.41%), Calcium: 130.09mg (13.01%), Vitamin B1: 0.18mg (12.18%), Vitamin B12: 0.41µg (6.78%), Vitamin D: 0.51µg (3.42%)