



Parsnip and Quince Cupcakes

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 4 ounces butter at room temperature
- ☐ 1.5 cups buttermilk
- ☐ 1.5 cups canola oil
- ☐ 1 pound cream cheese at room temperature
- ☐ 0.3 cup cooking wine dry white
- ☐ 6 eggs
- ☐ 4 cups flour all-purpose

- ☐ 0.3 teaspoon ginger fresh peeled finely chopped
- ☐ 0.8 cup granulated sugar
- ☐ 3 cups granulated sugar
- ☐ 2 teaspoons ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 tablespoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.8 cup honey
- ☐ 1 teaspoon juice of lemon
- ☐ 4 cups parsnips shredded
- ☐ 1 cup powdered sugar
- ☐ 1.5 pounds quinces cored cubed peeled
- ☐ 1.5 teaspoons salt
- ☐ 1 cup seltzer water
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ hand mixer

Directions

- ☐ For the cupcakes: Preheat the oven to 325 degrees F and line muffin pans with paper liners.
- ☐ Sift together the flour, granulated sugar, baking soda, all of the spices and the salt.

- ☐ In the bowl of an electric mixer fitted with the paddle attachment, combine the eggs, buttermilk, oil and vanilla. Slowly add the sifted ingredients to the wet ingredients and beat until just combined. Fold in the shredded parsnips. Fill the liners about three-quarters of the way full and bake, 16 to 18 minutes.
- ☐ For the compote: Bring the seltzer, wine, granulated sugar and ginger to a simmer and heat through until the sugar dissolves.
- ☐ Add the cubed quince and simmer gently until tender but not mushy, 15 to 20 minutes.
- ☐ Strain the fruit from the liquid and continue to reduce the liquid in the pot until it becomes syrupy. (You will use this to finish off the top of the cupcake.) Chill both the syrup and fruit in the refrigerator.
- ☐ For the frosting: In an electric mixer with a whisk attachment, beat the cream cheese until smooth and free of lumps.
- ☐ Add the butter and beat together until fully combined. Slowly add the powdered sugar.
- ☐ Add the honey and vanilla and beat until combined.
- ☐ To assemble: Core out the center of the cupcakes and fill with quince compote. Frost with honey cream cheese frosting and drizzle reduced compote liquid on top.

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:41.25, Inflammation Score:-5, Nutrition Score:8.803913064625%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 436.54kcal (21.83%), Fat: 15.13g (23.27%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 71.58g (23.86%), Net Carbohydrates: 69.18g (25.15%), Sugar: 47.53g (52.81%), Cholesterol: 71.82mg (23.94%), Sodium: 410.54mg (17.85%), Alcohol: 0.5g (100%), Alcohol %: 0.32% (100%), Protein: 5.68g (11.36%), Manganese: 0.44mg (22.09%), Selenium: 13.68µg (19.54%), Folate: 62.02µg (15.51%), Vitamin B2: 0.26mg (15.08%), Vitamin B1: 0.21mg (13.74%),

Phosphorus: 100.7mg (10.07%), Vitamin C: 8.23mg (9.98%), Fiber: 2.4g (9.6%), Vitamin A: 469.03IU (9.38%), Iron: 1.67mg (9.25%), Vitamin E: 1.24mg (8.28%), Vitamin B3: 1.53mg (7.65%), Vitamin K: 8.03µg (7.65%), Potassium: 238.57mg (6.82%), Calcium: 62.61mg (6.26%), Copper: 0.12mg (5.97%), Vitamin B5: 0.6mg (5.97%), Magnesium: 19.63mg (4.91%), Zinc: 0.64mg (4.28%), Vitamin B6: 0.08mg (4.08%), Vitamin B12: 0.22µg (3.61%), Vitamin D: 0.41µg (2.77%)