



## Pistachio cupcakes

 Vegetarian  Popular

READY IN



50 min.

SERVINGS



12

CALORIES



312 kcal

DESSERT

### Ingredients

- 100 g pistachios
- 140 g golden caster sugar
- 140 g butter soft
- 2 eggs
- 140 g self-raising flour
- 5 tbsp milk
- 12 servings edible glitter
- 250 g icing sugar sifted

12 servings mint food colouring green

## Equipment

food processor

oven

knife

mixing bowl

wire rack

skewers

muffin tray

## Directions

Heat oven to 160C/140C fan/gas 3 and line a 12-hole muffin tin with cases. Put 85g pistachios into a food processor with about half the sugar, then whizz until very finely chopped. Tip into a large mixing bowl with the remaining sugar, butter, eggs, flour and milk and beat until smooth. Divide between cases, then bake on a low shelf for 22–25 mins until a skewer poked in comes out clean. Cool on a wire rack.

For the icing, mix just enough water into the icing sugar to get a very thick but still runny icing just add 1 tbsp of water at a time. Stir in enough food colouring to give a pretty, pale green colour. If any cakes poke above the top of the cases, trim with a small knife, or scoop out with a teaspoon being very careful not to release any of the case from the sides of the cake. Put a generous spoonful of icing on each cake and let it gently spread to cover. Chop the remaining pistachios and scatter these over with a pinch of edible glitter. Set, then serve.

## Nutrition Facts



**PROTEIN 5.42%** **FAT 40.36%** **CARBS 54.22%**

## Properties

Glycemic Index:14.42, Glycemic Load:5.85, Inflammation Score:-3, Nutrition Score:4.3543478172758%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg,

Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg  
Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg,  
Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 312.21kcal (15.61%), Fat: 14.34g (22.05%), Saturated Fat: 6.83g (42.71%), Carbohydrates: 43.34g (14.45%),  
Net Carbohydrates: 42.2g (15.35%), Sugar: 32.7g (36.33%), Cholesterol: 53.11mg (17.7%), Sodium: 91.81mg (3.99%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Selenium: 7.97µg (11.38%), Manganese: 0.2mg  
(10.15%), Vitamin B6: 0.17mg (8.37%), Phosphorus: 76.25mg (7.62%), Vitamin A: 376.09IU (7.52%), Copper: 0.14mg  
(7.09%), Vitamin B1: 0.09mg (5.92%), Fiber: 1.14g (4.55%), Vitamin B2: 0.07mg (4.14%), Magnesium: 15.91mg  
(3.98%), Vitamin E: 0.59mg (3.93%), Potassium: 135.31mg (3.87%), Iron: 0.66mg (3.65%), Calcium: 34.99mg (3.5%),  
Folate: 12.01µg (3%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.26mg (2.58%), Vitamin B12: 0.12µg (1.98%), Vitamin D:  
0.22µg (1.44%), Vitamin B3: 0.25mg (1.27%)