



Raspberry Almond Baby Cakes

READY IN



80 min.

SERVINGS



36

CALORIES



88 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 0.8 cup butter cut into pieces (do not use margarine)
- 1 cup blanched almonds and
- 1.3 cups powdered sugar
- 0.5 cup flour all-purpose
- 0.3 teaspoon salt
- 6 egg whites slightly beaten
- 3 teaspoons vanilla
- 36 raspberries fresh

1 serving powdered sugar

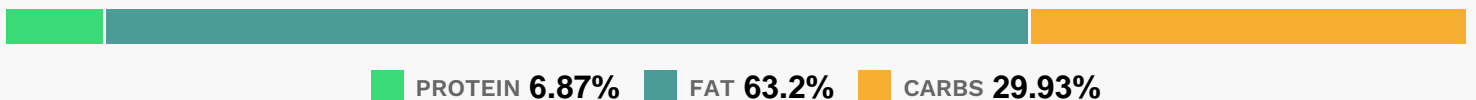
Equipment

- bowl
- paper towels
- oven
- knife
- microwave
- muffin liners
- pastry brush

Directions

- Heat oven to 400°F. Using pastry brush, generously grease 36 mini muffin cups with melted butter.
- Place 3/4 cup butter in microwavable clear glass bowl; cover with microwavable paper towel. Microwave on High 5 to 6 minutes, stirring after 3 minutes, or until milk solids turn light brown. Cool 10 minutes.
- In medium bowl, mix almonds, 1 1/4 cups powdered sugar, the flour and salt.
- Add browned butter, egg whites and vanilla; stir just until blended. Divide batter evenly among muffin cups.
- Place 1 raspberry in center of each cup.
- Bake 14 to 16 minutes or until center is set and edges are browned. Run knife around edges of cakes to loosen. Immediately remove from pans to cooling racks; cool completely.
- Sprinkle with additional powdered sugar before serving.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:0.99, Inflammation Score:-2, Nutrition Score:1.7413043334432%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 88.06kcal (4.4%), Fat: 6.3g (9.69%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 6.19g (2.25%), Sugar: 4.62g (5.14%), Cholesterol: 1.67mg (0.56%), Sodium: 74.88mg (3.26%), Alcohol: 0.11g (100%), Alcohol %: 0.65% (100%), Protein: 1.54g (3.08%), Vitamin E: 1.01mg (6.72%), Manganese: 0.09mg (4.52%), Vitamin A: 189.5IU (3.79%), Vitamin B2: 0.06mg (3.48%), Magnesium: 10.88mg (2.72%), Selenium: 1.74µg (2.48%), Phosphorus: 21.2mg (2.12%), Fiber: 0.52g (2.08%), Copper: 0.04mg (2.08%), Vitamin B1: 0.02mg (1.44%), Folate: 5.57µg (1.39%), Vitamin B3: 0.24mg (1.22%), Iron: 0.22mg (1.2%), Potassium: 38.67mg (1.1%), Calcium: 11mg (1.1%)