



Red velvet choc-cherry cupcakes

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 100 g butter softened
- ☐ 140 g brown sugar
- ☐ 2 large eggs beaten
- ☐ 225 g flour plain
- ☐ 25 g cocoa powder
- ☐ 0.5 tsp baking soda
- ☐ 150 ml buttermilk
- ☐ 28 ml food coloring red (natural food colouring won't look as bright as an artificial one)

- ☐ 100 g cherries roughly chopped
- ☐ 150 ml double cream
- ☐ 140 g cherries
- ☐ 100 g chocolate dark chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ spatula
- ☐ muffin tray

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 12-hole muffin tin with muffin cases. Beat the butter and sugar in a bowl with an electric whisk until pale and fluffy.
- ☐ Add the eggs a little at a time, whisking until fully incorporated. Sift in the flour, cocoa, bicarb and a pinch of salt. Fold in with a spatula until there are no lumps of flour remaining. Then add the buttermilk, food colouring and cherries, and stir briefly to combine. Divide the mixture between the muffin cases and bake for 20 mins until risen and springy to the touch. Leave to cool slightly, then remove to a wire rack to cool completely.
- ☐ Warm the cream and cherry conserve in a small pan, add the chocolate and remove from the heat. Leave for a few mins, then stir until melted and combined. Tip into a bowl and leave to cool completely the icing will set to a spreadable consistency within about 30 mins. Once cooled and thickened, spread the icing on the cupcakes, decorate with a drizzle of red icing or some red glitter and top with half a glac cherry. These cakes will keep for a few days in a cake tin.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:11.83, Inflammation Score:-5, Nutrition Score:7.8169565719107%

Flavonoids

Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 302.05kcal (15.1%), Fat: 16.57g (25.49%), Saturated Fat: 9.92g (62.02%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 32.42g (11.79%), Sugar: 16.98g (18.87%), Cholesterol: 64.77mg (21.59%), Sodium: 140.31mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.46mg (3.82%), Protein: 5.11g (10.21%), Manganese: 0.39mg (19.73%), Selenium: 10.85µg (15.5%), Copper: 0.28mg (14.06%), Iron: 2.47mg (13.72%), Vitamin B2: 0.2mg (11.59%), Vitamin B1: 0.17mg (11.28%), Fiber: 2.61g (10.42%), Folate: 41.2µg (10.3%), Phosphorus: 102.45mg (10.24%), Magnesium: 40.09mg (10.02%), Vitamin A: 475.07IU (9.5%), Vitamin B3: 1.31mg (6.57%), Potassium: 213.79mg (6.11%), Calcium: 53.39mg (5.34%), Zinc: 0.76mg (5.07%), Vitamin B5: 0.39mg (3.95%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.48mg (3.21%), Vitamin B12: 0.19µg (3.17%), Vitamin B6: 0.05mg (2.59%), Vitamin K: 2.19µg (2.08%), Vitamin C: 1.48mg (1.79%)