



Single-Serving Cupcake

READY IN



45 min.

SERVINGS



1

CALORIES



190 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 3 tsp fruit jam
- ☐ 1 tbsp plant-based milk
- ☐ 1 tbsp sugar raw
- ☐ 0.3 tsp vanilla extract
- ☐ 3 tbsp pastry flour whole wheat

Equipment

- ☐ bowl

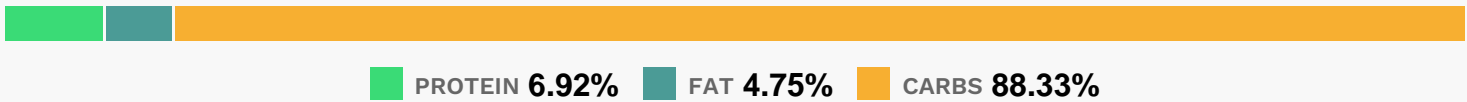
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin tray
- ☐ toaster

Directions

- ☐ Preheat toaster oven to 350 F (conventional oven 325 F). Use a foil baking cup or grease a muffin tin. In a small bowl, whisk flour, baking powder and sugar together and whisk until combined.
- ☐ Add vanilla extract and non-dairy milk, and stir until just combined. If too dry, add a few drops of water.
- ☐ Transfer to cup and bake 15–20 minutes, until a toothpick inserted in the center comes out clean. Smear jam over top or mix powdered sugar with a bit of non-dairy milk until it forms a thick, icing paste.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 50g
- ☐ Carbohydrate
- ☐ gDietary Fiber2.50gSugars14.60gProtein2.70g

Nutrition Facts



Properties

Glycemic Index:185, Glycemic Load:8.39, Inflammation Score:-2, Nutrition Score:6.7669566001581%

Nutrients (% of daily need)

Calories: 190.29kcal (9.51%), Fat: 1.02g (1.57%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 40.23g (14.63%), Sugar: 23.03g (25.59%), Cholesterol: 1.8mg (0.6%), Sodium: 135.19mg (5.88%), Alcohol: 0.36g (100%), Alcohol %: 0.64% (100%), Protein: 3.34g (6.69%), Manganese: 0.87mg (43.56%), Selenium: 13.69µg (19.55%), Phosphorus: 119.49mg (11.95%), Fiber: 2.48g (9.92%), Calcium: 98.92mg (9.89%), Magnesium: 32.09mg (8.02%), Vitamin B1: 0.12mg (7.82%), Iron: 1.03mg (5.73%), Copper: 0.11mg (5.46%), Vitamin B3: 1.07mg (5.34%), Vitamin B6: 0.1mg (4.95%), Vitamin B2: 0.07mg (4.25%), Zinc: 0.63mg (4.17%), Potassium: 120.16mg (3.43%), Folate: 11.55µg (2.89%), Vitamin C: 1.85mg (2.24%), Vitamin B5: 0.19mg (1.87%), Vitamin B12: 0.08µg (1.35%), Vitamin E: 0.18mg (1.21%), Vitamin D: 0.17µg (1.1%)