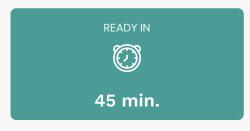
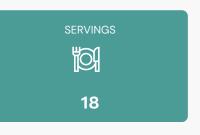


Snow-capped fairy cakes

Vegetarian







DESSERT

Ingredients

175 g butter
175 g brown sugar
3 eggs
200 g self raising flour

1 orange zest finely grated

1 tsp vanilla extract

4 tbsp milk

1 egg whites

	4 tbsp orange juice
	175 g powdered sugar
	1 balls fruit
Eq	uipment
	bowl
	frying pan
	oven
	knife
	whisk
	wire rack
	cake form
Di	rections
	Heat oven to 190C/fan 170C/gas
	Heat oven to 190C/fan 170C/gas Line 18 holes of a 2 x 12-hole bun tins with paper cake cases. Melt butter and cool for 5 mins tip into a large bowl with all the cake ingredients, then beat together for 1–2 mins until smooth.
	Line 18 holes of a 2 x 12-hole bun tins with paper cake cases. Melt butter and cool for 5 mins tip into a large bowl with all the cake ingredients, then beat together for 1-2 mins until
	Line 18 holes of a 2 x 12-hole bun tins with paper cake cases. Melt butter and cool for 5 mins tip into a large bowl with all the cake ingredients, then beat together for 1-2 mins until smooth. Spoon the cake mixture into the cake cases, filling them three-quarters full (a heaped
	Line 18 holes of a 2 x 12-hole bun tins with paper cake cases. Melt butter and cool for 5 mins tip into a large bowl with all the cake ingredients, then beat together for 1–2 mins until smooth. Spoon the cake mixture into the cake cases, filling them three-quarters full (a heaped tablespoon is about right).
	Line 18 holes of a 2 x 12-hole bun tins with paper cake cases. Melt butter and cool for 5 mins tip into a large bowl with all the cake ingredients, then beat together for 1-2 mins until smooth. Spoon the cake mixture into the cake cases, filling them three-quarters full (a heaped tablespoon is about right). Bake for 15-18 mins until lightly browned and firm to the touch. Cool on a wire rack. To make the icing, put the egg white and orange juice into a heatproof bowl, sift in the icing sugar, then set over a pan of simmering water. Using an electric hand whisk, whisk the icing
	Line 18 holes of a 2 x 12-hole bun tins with paper cake cases. Melt butter and cool for 5 mins tip into a large bowl with all the cake ingredients, then beat together for 1-2 mins until smooth. Spoon the cake mixture into the cake cases, filling them three-quarters full (a heaped tablespoon is about right). Bake for 15-18 mins until lightly browned and firm to the touch. Cool on a wire rack. To make the icing, put the egg white and orange juice into a heatproof bowl, sift in the icing sugar, then set over a pan of simmering water. Using an electric hand whisk, whisk the icing for 7 mins until it is glossy and stands in soft peaks.

Nutrition Facts

Properties

Glycemic Index:11.5, Glycemic Load:5.48, Inflammation Score:-2, Nutrition Score:2.4617391176846%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.01mg, Quercetin: 0.01mg,

Nutrients (% of daily need)

Calories: 200.99kcal (10.05%), Fat: 8.89g (13.67%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 27.78g (10.1%), Sugar: 19.53g (21.7%), Cholesterol: 48.58mg (16.19%), Sodium: 80.18mg (3.49%), Alcohol: 0.08g (100%), Alcohol %: 0.18% (100%), Protein: 2.68g (5.35%), Selenium: 7.34µg (10.49%), Vitamin A: 298.7IU (5.97%), Manganese: 0.1mg (4.9%), Vitamin B2: 0.06mg (3.48%), Vitamin C: 2.8mg (3.39%), Phosphorus: 32.44mg (3.24%), Vitamin E: 0.35mg (2.35%), Folate: 8.9µg (2.23%), Calcium: 22.01mg (2.2%), Vitamin B5: 0.21mg (2.11%), Iron: 0.32mg (1.78%), Vitamin B12: 0.1µg (1.69%), Copper: 0.03mg (1.68%), Potassium: 53.77mg (1.54%), Magnesium: 5.9mg (1.48%), Zinc: 0.22mg (1.46%), Fiber: 0.35g (1.38%), Vitamin B6: 0.03mg (1.29%), Vitamin B1: 0.02mg (1.23%), Vitamin D: 0.18µg (1.22%)