



South Beach Wine and Food Festival Cupcakes

READY IN



205 min.

SERVINGS



12

CALORIES



661 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 24 amarena cherries
- ☐ 1.5 ounces cocoa powder dark
- ☐ 1 ounce plus light
- ☐ 4.3 ounces egg whites
- ☐ 4.3 ounces flour all-purpose
- ☐ 3.5 ounces heavy cream

- ☐ 4 ounces red wine such as cabernet-zinfandel blend
- ☐ 8 ounces red wine such as cabernet-zinfandel blend
- ☐ 0.5 teaspoon salt
- ☐ 10.3 ounces semisweet chocolate couverture finely chopped
- ☐ 4 ounces cup heavy whipping cream sour
- ☐ 6 ounces sugar
- ☐ 7 ounces sugar
- ☐ 12.5 ounces butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 ounces soybean vegetable oil
- ☐ 2 ounces eggs whole
- ☐ 1.5 ounces cabernet wine powder

Equipment

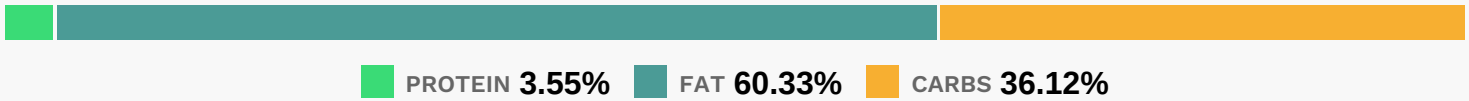
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ double boiler
- ☐ stand mixer
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry bag
- ☐ apple corer

Directions

- ☐ For the cupcakes: Preheat the oven to 350 degrees F. Line a standard muffin pan with 12 cupcake liners.

- ☐ Combine the red wine, flour, sugar, cocoa, baking powder, baking soda and salt in the bowl of an electric stand mixer. Whip on medium speed for 2 minutes. Scrape down the sides of the bowl, and then add the vegetable oil and sour cream.
- ☐ Mix on medium speed for 1 additional minute. Scrape down the sides of the bowl, and then add the eggs and vanilla extract.
- ☐ Mix on medium speed for 1 minute. Fill the cupcake liners three-quarters full with batter and bake until golden brown and baked through, about 25 minutes. Cool the cupcakes completely.
- ☐ For the ganache: In a medium saucepot, bring the red wine and heavy cream to a rolling simmer.
- ☐ Remove from the heat and stir in the chocolate with a whisk. Stir until the chocolate is fully melted and emulsified. Stir in the corn syrup.
- ☐ Pour into a small bowl and wrap tightly. Allow to cool at room temperature for at least 2 hours, until the ganache has fully set.
- ☐ Place the ganache into a pastry bag fitted with a medium round tip.
- ☐ For the buttercream: In a double boiler, combine the egg whites, sugar and cabernet wine powder. Stir with a whisk until the mixture is warm and the sugar is fully dissolved.
- ☐ Pour the warm egg white mixture into the bowl of an electric stand mixer. Whip on high speed until the meringue cools and stiff peaks are formed.
- ☐ Mix in the softened butter.
- ☐ Place into a piping bag fitted with a small round tip.
- ☐ To assemble: Using an apple corer, remove the center core of the baked cupcakes and fill each with 2 cherries. Pipe cabernet-zinfandel chocolate ganache generously on top of the cupcakes, and top with cabernet buttercream, piped to look like a cluster of grapes.

Nutrition Facts



Properties

Glycemic Index:30.27, Glycemic Load:27.92, Inflammation Score:-7, Nutrition Score:10.239565216977%

Flavonoids

Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg,

Peonidin: 0.24mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 7.76mg, Epicatechin: 7.76mg, Epicatechin: 7.76mg, Epicatechin: 7.76mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 661.17kcal (33.06%), Fat: 43.96g (67.63%), Saturated Fat: 24.54g (153.35%), Carbohydrates: 59.21g (19.74%), Net Carbohydrates: 55.35g (20.13%), Sugar: 44.23g (49.15%), Cholesterol: 97.44mg (32.48%), Sodium: 260.56mg (11.33%), Alcohol: 3.63g (100%), Alcohol %: 2.46% (100%), Caffeine: 28.98mg (9.66%), Protein: 5.81g (11.62%), Manganese: 0.55mg (27.4%), Copper: 0.48mg (23.82%), Vitamin A: 966.26IU (19.33%), Magnesium: 68.6mg (17.15%), Fiber: 3.86g (15.42%), Iron: 2.73mg (15.14%), Selenium: 10.51µg (15.01%), Phosphorus: 141.13mg (14.11%), Vitamin K: 13.38µg (12.74%), Vitamin B2: 0.19mg (11.14%), Vitamin E: 1.4mg (9.31%), Potassium: 291.8mg (8.34%), Zinc: 1.12mg (7.5%), Calcium: 69.15mg (6.92%), Vitamin B1: 0.1mg (6.84%), Folate: 24.59µg (6.15%), Vitamin B3: 0.95mg (4.73%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.18µg (2.97%), Vitamin B6: 0.04mg (2.14%), Vitamin C: 1.25mg (1.52%)