



Spinach Olive Oil Cupcake

READY IN



105 min.

SERVINGS



22

CALORIES



397 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups cake flour
- ☐ 1 cinnamon sticks organic
- ☐ 1 pound cream cheese organic
- ☐ 3 eggs organic
- ☐ 1.3 ounces juice of lemon organic
- ☐ 2 teaspoons juice of lemon organic
- ☐ 0.8 cup olive oil
- ☐ 8 medium plum tomatoes organic

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 1.8 cups pkt spinach fresh organic
- ☐ 1.5 cups sugar
- ☐ 9 ounces butter unsalted organic soft
- ☐ 1 teaspoon vanilla extract
- ☐ 13.5 ounces chocolate white melted
- ☐ 0.8 cup sugar white

Equipment

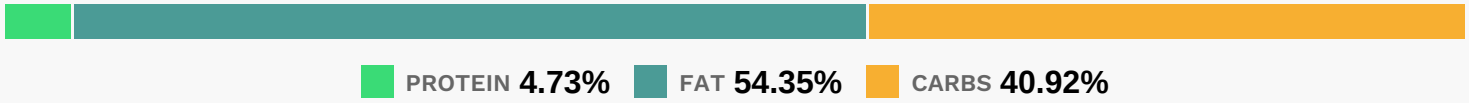
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ stand mixer
- ☐ melon baller

Directions

- ☐ For the cupcakes: Preheat the oven to 325 degrees F. Prepare 2 cupcake pans with paper liners.
- ☐ Puree the spinach to measure 1 cup. Sift together the flour, baking powder and salt into a bowl. Blend the sugar and eggs until creamy in the bowl of a stand mixer fitted with the paddle attachment, add then add the oil, lemon juice, vanilla and spinach puree and blend to combine. Slowly add the dry ingredients and mix for 30 more seconds.
- ☐ Bake for 14 minutes, then let cool completely.
- ☐ For the tomato marmalade: Bring a pot of water to a boil.
- ☐ Add the tomatoes and boil until the skin starts coming off, about 2 minutes, then plunge into a cold water bath. Peel, seed and dice the tomatoes.

- ☐ Transfer to a saucepan with the sugar, salt, cloves and cinnamon and cook until tender and syrupy, then let cool.
- ☐ For the buttercream frosting: Beat the cream cheese in the bowl of a stand mixer using the paddle attachment until soft.
- ☐ Add the white chocolate and blend to combine, then mix in the butter, lemon juice and salt.
- ☐ For assembly: Use a melon baller to remove the center of each cupcake and fill with tomato marmalade. Pipe the tops with the buttercream frosting and garnish with more tomato marmalade.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:27.4, Inflammation Score:-6, Nutrition Score:6.0195651676344%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 396.53kcal (19.83%), Fat: 24.44g (37.6%), Saturated Fat: 13.93g (87.03%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 40.69g (14.8%), Sugar: 32.2g (35.78%), Cholesterol: 71.73mg (23.91%), Sodium: 194.03mg (8.44%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 4.79g (9.57%), Vitamin A: 1016.73IU (20.33%), Vitamin K: 17.12µg (16.31%), Selenium: 9.18µg (13.11%), Phosphorus: 89.21mg (8.92%), Vitamin B2: 0.15mg (8.7%), Manganese: 0.17mg (8.62%), Calcium: 79.77mg (7.98%), Vitamin E: 1.11mg (7.41%), Vitamin C: 4.65mg (5.64%), Potassium: 169.7mg (4.85%), Folate: 18.43µg (4.61%), Vitamin B5: 0.4mg (4.03%), Vitamin B12: 0.22µg (3.6%), Zinc: 0.47mg (3.16%), Magnesium: 12.39mg (3.1%), Copper: 0.06mg (3%), Vitamin B6: 0.06mg (3%), Fiber: 0.72g (2.89%), Vitamin B1: 0.04mg (2.57%), Iron: 0.45mg (2.52%), Vitamin B3: 0.43mg (2.14%), Vitamin D: 0.29µg (1.96%)