



Thyme-Rosemary Pound Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 2.3 cups cake flour sifted
- ☐ 4 large eggs
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 1 tablespoon lemon thyme leaves fresh chopped
- ☐ 0.3 cup milk
- ☐ 6 medium peaches peeled coarsely chopped
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1.3 cups butter unsalted softened
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup whipping cream

Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Place paper liners in 24 muffin cups.
- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add 1 cup sugar, beating until light and fluffy.
- ☐ Add eggs, one at a time, beating just until yellow disappears after each addition.
- ☐ Combine milk and vanilla.
- ☐ Whisk together flour and next 4 ingredients; add to butter mixture, alternately with milk mixture, beginning and ending with flour mixture. Spoon batter into prepared muffin cups.
- ☐ Bake at 350 for 15 to 16 minutes or until cakes spring back when lightly touched. Cool cakes in pans 10 minutes.
- ☐ Remove paper liners, and invert cakes onto a wire rack.
- ☐ Let cool completely.
- ☐ Combine peaches and 2 tablespoons sugar, stirring gently. Beat whipping cream until frothy, add powdered sugar, and beat until soft peaks form.
- ☐ Serve cakes with peaches and whipped cream.

Nutrition Facts



 PROTEIN 5.6%  FAT 55.28%  CARBS 39.12%

Properties

Glycemic Index:35.2, Glycemic Load:26.86, Inflammation Score:-6, Nutrition Score:7.6260869917662%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 459.77kcal (22.99%), Fat: 28.75g (44.23%), Saturated Fat: 17.4g (108.74%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 44g (16%), Sugar: 27.28g (30.31%), Cholesterol: 135.86mg (45.29%), Sodium: 185.16mg (8.05%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 6.55g (13.11%), Vitamin A: 1253.74IU (25.07%), Selenium: 17.05µg (24.35%), Manganese: 0.25mg (12.51%), Phosphorus: 104.34mg (10.43%), Vitamin E: 1.55mg (10.33%), Vitamin B2: 0.17mg (10.18%), Fiber: 1.77g (7.09%), Vitamin D: 1.06µg (7.08%), Calcium: 68.09mg (6.81%), Copper: 0.12mg (6.22%), Vitamin B5: 0.57mg (5.71%), Folate: 21.85µg (5.46%), Iron: 0.94mg (5.24%), Vitamin C: 4.13mg (5.01%), Potassium: 175.21mg (5.01%), Zinc: 0.69mg (4.6%), Vitamin B3: 0.89mg (4.46%), Vitamin K: 4.68µg (4.45%), Magnesium: 17.47mg (4.37%), Vitamin B12: 0.25µg (4.13%), Vitamin B1: 0.05mg (3.45%), Vitamin B6: 0.07mg (3.44%)