



Warm raspberry cupcakes with orange sugar drizzle

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 200 g self raising flour
- ☐ 2 tsp double-acting baking powder
- ☐ 200 g butter unsalted softened
- ☐ 4 eggs
- ☐ 200 g sugar
- ☐ 3 tbsp milk
- ☐ 50 g almond flour

- ☐ 1 medium orange zest
- ☐ 150 g raspberries crushed
- ☐ 1 orange juice
- ☐ 4 tbsp sugar

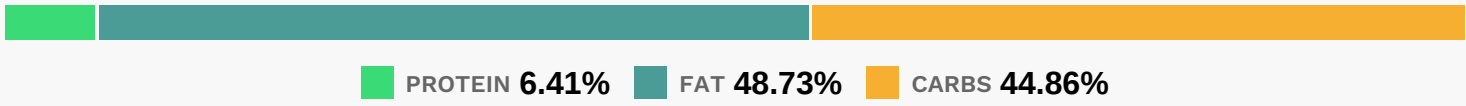
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Line a 12-hole muffin tin with paper muffin cases. Tip the first 8 ingredients into a large bowl and beat with electric whisk until smooth. Fold the crushed raspberries through the batter.
- ☐ Divide the batter between the cases (they should be about half full) and bake for 20-25 mins or until golden and just firm. Make the topping by mixing together the orange juice and sugar until well blended.
- ☐ Remove the cupcakes from the oven and allow to cool a little.
- ☐ Drizzle each with the orange and sugar crust mix. Top with the extra raspberries to serve.

Nutrition Facts



Properties

Glycemic Index:34.6, Glycemic Load:22.96, Inflammation Score:-3, Nutrition Score:5.1121738578962%

Flavonoids

Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg

0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 316.12kcal (15.81%), Fat: 17.53g (26.97%), Saturated Fat: 9.28g (58%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 34.54g (12.56%), Sugar: 22.04g (24.49%), Cholesterol: 90.84mg (30.28%), Sodium: 106.1mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Selenium: 11.52µg (16.46%), Manganese: 0.22mg (11.11%), Vitamin A: 520.43IU (10.41%), Vitamin C: 7.14mg (8.65%), Calcium: 78.62mg (7.86%), Phosphorus: 74.48mg (7.45%), Fiber: 1.77g (7.09%), Vitamin B2: 0.1mg (5.82%), Vitamin E: 0.72mg (4.82%), Folate: 17.32µg (4.33%), Iron: 0.77mg (4.26%), Vitamin D: 0.58µg (3.9%), Vitamin B5: 0.39mg (3.86%), Vitamin B12: 0.18µg (2.99%), Copper: 0.06mg (2.97%), Zinc: 0.42mg (2.81%), Magnesium: 10.44mg (2.61%), Vitamin B6: 0.04mg (2.23%), Potassium: 78.09mg (2.23%), Vitamin K: 2.25µg (2.14%), Vitamin B1: 0.03mg (2.12%), Vitamin B3: 0.29mg (1.46%)