



## Bacon Brownie Cupcakes

READY IN



45 min.

SERVINGS



6

CALORIES



913 kcal

### Ingredients

- 2 crossing over quintessential american desserts
- 4 oz baker's chocolate unsweetened
- 1 ounce chocolate sweetened
- 8 tablespoons butter
- 0.5 cup sugar
- 0.3 teaspoon salt
- 2 large eggs
- 1 cup flour
- 2 tablespoons cocoa powder (not Dutch-processed)
- 4 strips bacon

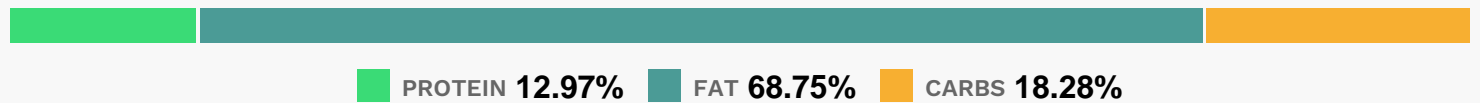
## Equipment

- oven
- whisk
- broiler
- muffin tray

## Directions

- Oven: 350F.
- Grease a standard muffin pan (we like jumbo but not mini, they'll get to crispy).
- Fry the bacon, remove and pat dry. The bacon should be crispy but without char- any chunks of fat that are still white should be discarded.
- Melt the unsweetened chocolate and butter in a double broiler.
- Cool slightly, then whisk in the sugar and salt.
- Add the eggs, one at a time.
- Sift the flour and cocoa together, then combine with the chocolate.
- Stir in the pieces of bacon and chocolate.
- Bake ~30 min., making sure to allow brownie cupcakes to cool before removing.

## Nutrition Facts



## Properties

Glycemic Index:39.62, Glycemic Load:24.25, Inflammation Score:-7, Nutrition Score:23.634347826087%

## Flavonoids

Catechin: 13.24mg, Catechin: 13.24mg, Catechin: 13.24mg, Catechin: 13.24mg Epicatechin: 30.08mg, Epicatechin: 30.08mg, Epicatechin: 30.08mg, Epicatechin: 30.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Taste

Sweetness: 31.12%, Saltiness: 25.34%, Sourness: 3.15%, Bitterness: 4.58%, Savoriness: 16.76%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 913.28kcal (45.66%), Fat: 72.43g (111.43%), Saturated Fat: 36.15g (225.96%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 38.74g (14.09%), Sugar: 19.4g (21.55%), Cholesterol: 211.81mg (70.6%), Sodium: 414.57mg (18.02%), Caffeine: 22.07mg (7.36%), Protein: 30.74g (61.49%), Selenium: 40.12µg (57.31%), Zinc: 7.69mg (51.27%), Manganese: 1.02mg (51.21%), Copper: 0.83mg (41.54%), Iron: 7.16mg (39.75%), Vitamin B12: 2.32µg (38.67%), Vitamin B3: 7.24mg (36.2%), Phosphorus: 335.88mg (33.59%), Vitamin B2: 0.51mg (30.28%), Vitamin B6: 0.58mg (28.84%), Magnesium: 106.84mg (26.71%), Vitamin B1: 0.34mg (22.78%), Fiber: 4.58g (18.31%), Potassium: 565.73mg (16.16%), Folate: 56.49µg (14.12%), Vitamin A: 587.24IU (11.74%), Calcium: 53.59mg (5.36%), Vitamin K: 5.59µg (5.33%), Vitamin E: 0.77mg (5.15%), Vitamin B5: 0.49mg (4.88%), Vitamin D: 0.66µg (4.39%)