



Basic (Vegan) Chocolate Cupcake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



156 kcal

DESSERT

Ingredients

- 0.5 teaspoon chocolate extract
- 1 teaspoon apple cider vinegar
- 0.5 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.3 cup canola oil
- 0.3 cup cocoa powder
- 1 cup flour all-purpose
- 0.8 cup granulated sugar

- 0.3 teaspoon salt
- 1 cup soymilk
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- whisk
- toothpicks
- aluminum foil
- muffin tray

Directions

- Preheat oven to 350°F and line a muffin pan with paper or foil liners.
- Whisk together the soy milk and vinegar in a large bowl, and set aside for a few minutes to curdle.
- Add the sugar, oil, vanilla extract, and other extract, if using, to the soy milk mixture and beat until foamy. In a separate bowl, sift together the flour, cocoa powder, baking soda, baking powder, and salt.
- Add in two batches to wet ingredients and beat until no large lumps remain (a few tiny lumps are OK).
- Pour into liners, filling 3/4 of the way.
- Bake 18 to 20 minutes, until a toothpick inserted into the center comes out clean.
- Mix into cupcake batter 1 cup (about 10 cookies; chop first, then measure) of coarsely chopped vegan chocolate cream-filled sandwich cookies, like Newman-O's.
- Bake as directed.

Nutrition Facts



PROTEIN 5.23% FAT 39.24% CARBS 55.53%

Properties

Glycemic Index:25.88, Glycemic Load:14.72, Inflammation Score:-2, Nutrition Score:4.2717391304348%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 156.48kcal (7.82%), Fat: 7.08g (10.9%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 21.31g (7.75%), Sugar: 13.09g (14.54%), Cholesterol: 0mg (0%), Sodium: 145.23mg (6.31%), Alcohol: 0.11g (100%), Alcohol %: 0.28% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.12g (4.25%), Vitamin E: 1.59mg (10.62%), Manganese: 0.17mg (8.26%), Vitamin B3: 1.32mg (6.58%), Copper: 0.13mg (6.55%), Folate: 26.12µg (6.53%), Vitamin B1: 0.1mg (6.39%), Selenium: 4.4µg (6.29%), Vitamin B2: 0.1mg (5.83%), Iron: 0.94mg (5.21%), Fiber: 1.24g (4.98%), Vitamin K: 4.53µg (4.31%), Calcium: 42.17mg (4.22%), Magnesium: 14.32mg (3.58%), Vitamin B12: 0.21µg (3.54%), Phosphorus: 32.49mg (3.25%), Vitamin B6: 0.05mg (2.67%), Potassium: 76.28mg (2.18%), Zinc: 0.28mg (1.9%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.24µg (1.57%), Vitamin A: 77.29IU (1.55%)