



Beer and Sauerkraut Fudge Cupcakes, Beer Frosting

 Vegetarian

READY IN



55 min.

SERVINGS



18

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 0.7 cup butter
- ☐ 1 teaspoon soda
- ☐ 3.5 cup confectioners' sugar divided
- ☐ 0.3 cup beer dark divided recommended: Capital Munich
- ☐ 1 cup beer dark recommended: Capital Munich

- ☐ 0.3 cup dutch-process cocoa powder unsweetened
- ☐ 0.5 cup dutch-process cocoa powder unsweetened
- ☐ 3 large eggs
- ☐ 2.3 cups flour all-purpose sifted
- ☐ 1 cup nuts chopped
- ☐ 1 cup raisins
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sauerkraut
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract pure

Equipment

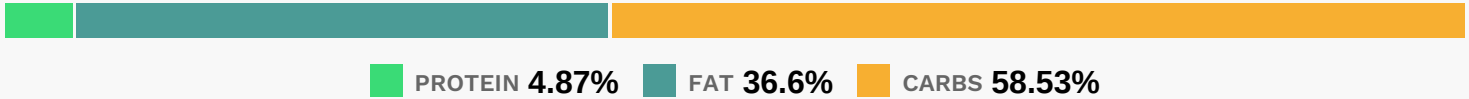
- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees F. Line standard cupcake pans with 18 cupcake liners.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugar until light and smooth.
- ☐ Add the eggs, 1 at a time, beating until each is smooth, scraping down the sides of the bowl if needed.
- ☐ Add the vanilla. Sift the cocoa, flour, baking powder, soda, and salt in a large bowl. In the creamed bowl, alternate the leftover ingredients beginning and ending with dry ingredients. Stir in the sauerkraut. Fill the cupcake liners 2/3 full.
- ☐ Bake until the cupcake springs back when touched, about 35 minutes.
- ☐ Transfer the pans to wire racks to cool completely before removing the cupcakes.
- ☐ To assemble: Frost the cooled cupcakes with Beer Frosting.

- ☐
- In the bowl of an electric mixer fitted with the paddle attachment, mix the softened butter with half the confectioners' sugar.
- ☐
- Add the cocoa, salt, and roughly 1/3 of the beer. Beat until smooth. Alternate adding the remaining sugar with the remaining beer and beat until fluffy.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:24.38, Inflammation Score:-5, Nutrition Score:7.7578260535779%

Flavonoids

Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epicatechin: 7.83mg, Epicatechin: 7.83mg, Epicatechin: 7.83mg, Epicatechin: 7.83mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 418.93kcal (20.95%), Fat: 17.64g (27.14%), Saturated Fat: 8.74g (54.61%), Carbohydrates: 63.47g (21.16%), Net Carbohydrates: 60.15g (21.87%), Sugar: 39.73g (44.14%), Cholesterol: 62.63mg (20.88%), Sodium: 186.68mg (8.12%), Alcohol: 0.76g (100%), Alcohol %: 0.79% (100%), Caffeine: 9.16mg (3.05%), Protein: 5.28g (10.57%), Manganese: 0.45mg (22.48%), Copper: 0.31mg (15.75%), Fiber: 3.32g (13.26%), Selenium: 9µg (12.85%), Magnesium: 46.84mg (11.71%), Phosphorus: 115.35mg (11.54%), Iron: 2.06mg (11.44%), Vitamin B1: 0.16mg (10.46%), Vitamin B2: 0.17mg (10.23%), Folate: 40.78µg (10.19%), Vitamin A: 414.82IU (8.3%), Vitamin B3: 1.59mg (7.93%), Potassium: 221.33mg (6.32%), Zinc: 0.84mg (5.57%), Vitamin B6: 0.08mg (4%), Calcium: 39.28mg (3.93%), Vitamin B5: 0.33mg (3.35%), Vitamin E: 0.45mg (3%), Vitamin K: 1.88µg (1.8%), Vitamin B12: 0.1µg (1.71%), Vitamin C: 1.24mg (1.5%), Vitamin D: 0.17µg (1.11%)