



Beer Run Cupcakes

 Popular

READY IN



120 min.

SERVINGS



12

CALORIES



396 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup chocolate-covered peanuts crushed
- 0.5 cup cocoa powder
- 3 cups powdered sugar sifted
- 2 large eggs
- 0.5 cup cream sour
- 1 pinch salt
- 3 tablespoons porter dark such as guinness, poured and settled before you measure

- 1.3 cups sugar
- 1.3 cups flour all-purpose
- 8 tablespoons butter unsalted softened (1 stick)
- 0.3 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- mixing bowl
- wire rack
- hand mixer
- ice cream scoop

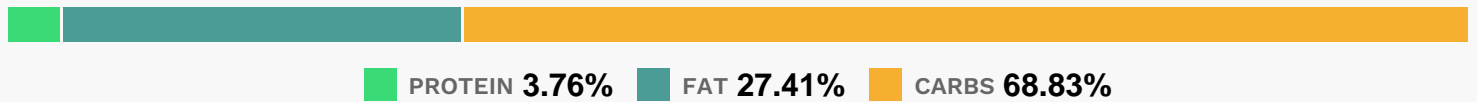
Directions

- Place a baking rack in the center of the oven and preheat the oven to 350°F. Line two 6-cup jumbo-size muffin pans with liners and set aside.
- In a small saucepan over low heat, melt the butter.
- Remove from the heat, add the cocoa powder, and stir until smooth. Then stir in the stout. You'll think that you have some stout left to drink, but hold your horses! You're going need some for the frosting, too. Set aside to cool, about 10 minutes.
- In a medium-size mixing bowl, whisk together the eggs and the sour cream.
- Add the cooled chocolate mixture, incorporating well.
- Add the flour, sugar, baking soda, and salt, and whisk until smooth, scraping down the bowl as needed.
- Fill each prepared muffin cup with 1/3 cup batter, about 2/3 full.
- Bake, rotating the pans halfway through, until the tops are just firm to the touch and a tester inserted in the center of a cupcake comes out clean, about 23 minutes. Leave the cupcakes

in the pan on a rack to cool for 5 to 10 minutes.

- Transfer the cupcakes to the wire rack to cool completely before frosting, about 1 hour.
- Make the Buttercream: In a medium-size mixing bowl, with an electric mixer on medium-high speed, beat the butter until light and fluffy, about 1 minute.
- Add the confectioners' sugar, stout, vanilla, and salt into the bowl, and continue to beat until very smooth and creamy, 2 to 3 minutes, scraping down the bowl as needed.
- Cupcake Construction: Get out that ice cream scoop (2 to 2 1/4 inches in diameter) and top each cupcake with a scoop of frosting.
- Sprinkle each cupcake with a tablespoon of the crushed pretzels. Cupcakes can be refrigerated for up to 3 days in an airtight container, or frozen for 1 month.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:21.73, Inflammation Score:-4, Nutrition Score:5.6213043617166%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 395.72kcal (19.79%), Fat: 12.57g (19.34%), Saturated Fat: 7.49g (46.82%), Carbohydrates: 71.02g (23.67%), Net Carbohydrates: 68.99g (25.09%), Sugar: 57.6g (64%), Cholesterol: 57.06mg (19.02%), Sodium: 116.14mg (5.05%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 9.37mg (3.12%), Protein: 3.88g (7.77%), Manganese: 0.27mg (13.63%), Selenium: 8.53µg (12.19%), Copper: 0.21mg (10.47%), Vitamin B2: 0.16mg (9.3%), Phosphorus: 82.48mg (8.25%), Iron: 1.48mg (8.21%), Fiber: 2.03g (8.1%), Vitamin B1: 0.12mg (8.01%), Folate: 30.65µg (7.66%), Magnesium: 27.96mg (6.99%), Vitamin A: 348.18IU (6.96%), Vitamin B3: 0.91mg (4.56%), Potassium: 153.08mg (4.37%), Zinc: 0.63mg (4.19%), Calcium: 33.32mg (3.33%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.38mg (2.56%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.31µg (2.04%), Vitamin B6: 0.04mg (1.83%), Vitamin K: 1.39µg (1.32%)