



## Bewitching Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



248 kcal

DESSERT

### Ingredients

- 2 tablespoons baking cocoa
- 2 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 2 eggs separated
- 1.7 cup flour all-purpose
- 0.5 cup milk
- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 0.3 cup shortening

- 1 cup sugar
- 1 teaspoon vanilla extract

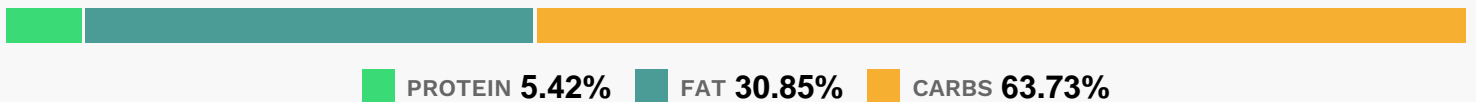
## Equipment

- oven
- hand mixer
- toothpicks
- muffin liners

## Directions

- Combine shortening and sugar; blend until smooth.
- Add one egg plus one yolk, milk and vanilla. Sift together flour, baking powder and salt; stir into shortening mixture until smooth. Fill paper-lined muffin cups 1/2 full; set aside. Beat remaining egg white with an electric mixer at high speed until stiff peaks form.
- Add brown sugar and cocoa; beat until well blended. Spoon a generous teaspoonful over each cupcake; sprinkle with nuts.
- Bake at 350 degrees for 20 minutes. After baking, color in Halloween Cake Pokes, adhere toothpick to the back and place in cupcakes.

## Nutrition Facts



## Properties

Glycemic Index:23.76, Glycemic Load:21.58, Inflammation Score:-2, Nutrition Score:4.9334782788773%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 248.02kcal (12.4%), Fat: 8.69g (13.37%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 39.4g (14.33%), Sugar: 26.23g (29.15%), Cholesterol: 28.5mg (9.5%), Sodium: 185.35mg (8.06%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 3.43g (6.87%), Manganese: 0.26mg (13.13%), Selenium: 8.75µg (12.5%), Vitamin B1: 0.16mg (10.78%), Folate: 36.08µg (9.02%), Vitamin B2: 0.14mg (8.34%), Phosphorus: 70.94mg (7.09%), Iron: 1.26mg (7%), Calcium: 68.97mg (6.9%), Vitamin B3: 1.1mg (5.49%), Copper: 0.1mg (4.75%), Fiber: 1g (3.99%), Magnesium: 13.87mg (3.47%), Vitamin E: 0.47mg (3.16%), Vitamin K: 3.23µg (3.08%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.42mg (2.82%), Potassium: 79.1mg (2.26%), Vitamin B12: 0.12µg (2%), Vitamin B6: 0.04mg (1.8%), Vitamin D: 0.26µg (1.72%), Vitamin A: 57.34IU (1.15%)