



Black Bottom Cupcakes

READY IN



120 min.

SERVINGS



18

CALORIES



271 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 12 ounces cream cheese at room temperature ()
- 0.8 cup dutch-processed cocoa powder
- 1 large eggs at room temperature
- 1.8 cups flour all-purpose
- 1 cup granulated sugar
- 1 cup buttermilk low-fat
- 18 you will also need: parchment paper
- 0.3 teaspoon salt fine

- 0.5 cup bittersweet chocolate coarsely chopped
- 2 teaspoons vanilla extract
- 0.8 cup vegetable oil

Equipment

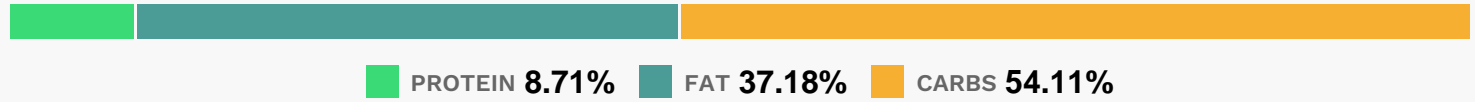
- bowl
- oven
- whisk
- blender
- toothpicks
- stand mixer
- spatula
- measuring cup

Directions

- Place the cream cheese and sugar in the bowl of a stand mixer fitted with the paddle attachment and beat on medium speed until smooth, about 1 to 2 minutes. Stop the mixer and scrape down the sides of the bowl and paddle with a rubber spatula.
- Add the egg, return the mixer to medium speed, and beat until incorporated, about 1 minute. Stop the mixer and scrape down the sides of the bowl and paddle with the rubber spatula. Turn the mixer to low speed, add the chocolate, and mix until just combined, about 20 seconds.
- Place the flour, cocoa powder, baking soda, and salt in a medium bowl and whisk to aerate and break up any lumps; set aside.
- Mix together the buttermilk and vanilla in a small bowl or measuring cup and set aside.
- Place the sugar and oil in the mixer bowl and mix on medium speed until combined, about 1 minute. Reduce the speed to low and slowly add half of the flour mixture, mixing until just combined.
- Add half of the buttermilk mixture and mix until just combined. Repeat with the remaining flour and buttermilk mixtures, mixing until combined, about 2 minutes total. Fill the prepared muffin wells about halfway with the cupcake batter. Divide the cream cheese topping among the cupcakes (about a heaping tablespoon for each).

- Place the muffin pans side by side in the oven and bake for 10 minutes. Rotate the pans front to back and side to side and bake until a toothpick inserted into the center of the cupcakes comes out clean, about 8 to 10 minutes more.
- Place the pans on wire racks and let them cool for 15 minutes.
- Remove the cupcakes from the pans and cool completely on the racks before serving.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:14.75, Inflammation Score:-4, Nutrition Score:7.5739131142264%

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: 271.41kcal (13.57%), Fat: 11.52g (17.72%), Saturated Fat: 5.7g (35.62%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 35.34g (12.85%), Sugar: 14.38g (15.98%), Cholesterol: 31.96mg (10.65%), Sodium: 286.43mg (12.45%), Alcohol: 0.15g (100%), Alcohol %: 0.2% (100%), Caffeine: 12.42mg (4.14%), Protein: 6.07g (12.14%), Manganese: 0.41mg (20.53%), Selenium: 13.21µg (18.87%), Vitamin B1: 0.21mg (13.89%), Vitamin B2: 0.22mg (13.06%), Copper: 0.25mg (12.49%), Iron: 2.09mg (11.61%), Folate: 43.4µg (10.85%), Phosphorus: 105.07mg (10.51%), Fiber: 2.38g (9.54%), Vitamin B3: 1.9mg (9.48%), Magnesium: 36.47mg (9.12%), Vitamin A: 280.18IU (5.6%), Calcium: 53.89mg (5.39%), Zinc: 0.78mg (5.21%), Potassium: 160.41mg (4.58%), Vitamin K: 4.24µg (4.03%), Vitamin B5: 0.27mg (2.69%), Vitamin E: 0.39mg (2.58%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.11µg (1.8%)