



Black Bottom Cupcakes I

READY IN



60 min.

SERVINGS



24

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon cider vinegar
- ☐ 8 ounce cream cheese softened
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips miniature
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water
- ☐ 1 cup sugar white

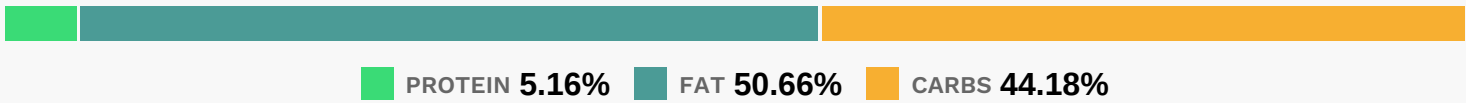
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line muffin tins with paper cups or lightly spray with non-stick cooking spray.
- ☐ In a medium bowl, beat the cream cheese, egg, 1/3 cup sugar and 1/8 teaspoon salt until light and fluffy. Stir in the chocolate chips and set aside.
- ☐ In a large bowl, mix together the flour, 1 cup sugar, cocoa, baking soda and 1/2 teaspoon salt. Make a well in the center and add the water, oil, vinegar and vanilla. Stir together until well blended. Fill muffin tins 1/3 full with the batter and top with a dollop of the cream cheese mixture.
- ☐ Bake in preheated oven for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.84, Glycemic Load:10.27, Inflammation Score:-2, Nutrition Score:3.8800000049498%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 182.71kcal (9.14%), Fat: 10.46g (16.09%), Saturated Fat: 4.68g (29.28%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 19.18g (6.97%), Sugar: 12.36g (13.73%), Cholesterol: 16.96mg (5.65%), Sodium: 128.28mg (5.58%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 10.54mg (3.51%), Protein: 2.4g (4.8%), Manganese: 0.22mg (11.11%), Copper: 0.17mg (8.68%), Selenium: 5.03µg (7.19%), Iron: 1.16mg (6.44%), Vitamin K: 6.53µg (6.22%), Magnesium: 24.76mg (6.19%), Phosphorus: 54.44mg (5.44%), Fiber: 1.33g (5.32%), Vitamin B2: 0.08mg (4.56%), Vitamin B1: 0.07mg (4.54%), Folate: 16.3µg (4.07%), Zinc: 0.45mg (3%), Vitamin B3: 0.57mg (2.87%), Vitamin A: 141.74IU (2.83%), Vitamin E: 0.41mg (2.75%), Potassium: 93.75mg (2.68%), Calcium: 19.09mg (1.91%), Vitamin B5: 0.15mg (1.48%)