



Black Bottom Cupcakes II

READY IN



30 min.

SERVINGS



24

CALORIES



161 kcal

DESSERT

Ingredients

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

- ☐ 1 tablespoon vinegar
- ☐ 1 cup water
- ☐ 0.3 cup sugar white

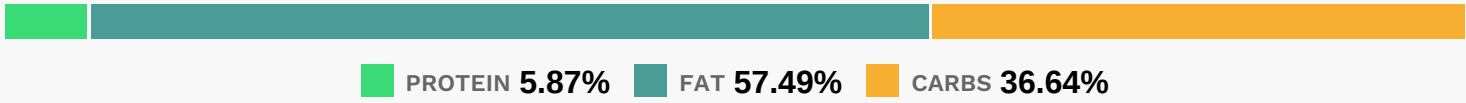
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line two 12 cup muffin pans with paper liners. Sift together the flour, baking soda, cocoa powder and salt. Set aside.
- ☐ In a large bowl, whisk together 1 cup sugar, oil and water until blended. Stir in the vinegar and vanilla. Beat in the flour mixture until incorporated. Set aside.
- ☐ In a medium bowl, beat together the cream cheese, egg, 1/3 cup sugar and salt. Stir in the chocolate chips.
- ☐ Fill muffin cups 1/3 full with chocolate batter, then top with a heaping tablespoon of the cream cheese mixture.
- ☐ Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:6.39, Inflammation Score:-2, Nutrition Score:3.8682608442462%

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: 161.31kcal (8.07%), Fat: 10.44g (16.06%), Saturated Fat: 4.68g (29.28%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 13.64g (4.96%), Sugar: 6.81g (7.57%), Cholesterol: 16.96mg (5.65%), Sodium: 91.87mg (3.99%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 10.54mg (3.51%), Protein: 2.4g (4.8%), Manganese: 0.22mg (11.04%), Copper: 0.17mg (8.66%), Selenium: 5µg (7.14%), Iron: 1.15mg (6.42%), Vitamin K: 6.53µg (6.22%), Magnesium: 24.73mg (6.18%), Phosphorus: 54.42mg (5.44%), Fiber: 1.33g (5.32%), Vitamin B1: 0.07mg (4.54%), Vitamin B2: 0.08mg (4.49%), 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: 93.19mg (2.66%), Calcium: 19.01mg (1.9%), Vitamin B5: 0.15mg (1.48%)