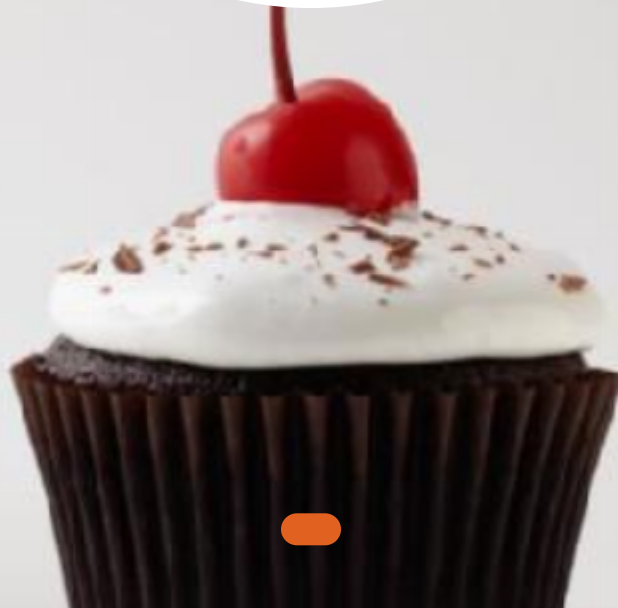




Black Forest Cupcakes

READY IN



57 min.

SERVINGS



12

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup buttermilk
- ☐ 0.3 cup bittersweet chocolate shavings
- ☐ 0.8 cup cherries dried roughly chopped
- ☐ 5 large eggs room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 12 maraschino cherries on the stem

- ☐ 2 cups marshmallow creme
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.8 cup sugar
- ☐ 4 tablespoons butter unsalted melted
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ stand mixer
- ☐ muffin tray

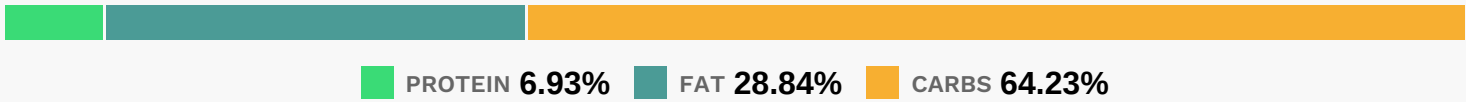
Directions

- ☐ Watch how to make this recipe.
- ☐ Special Equipment: 12 capacity cupcake tin, paper liners
- ☐ Preheat the oven to 350 degrees F. Line the cupcake tray with paper liners.
- ☐ Sift the flour, cocoa powder, cinnamon, salt, baking powder and baking soda in a large bowl. Set aside. In a small bowl, combine the buttermilk, butter and vanilla, set aside.
- ☐ Add the eggs and sugar to the bowl of a stand mixer with whisk attachment and beat until the mixture is thick and forms ribbons, about 5 minutes. With mixer on medium speed, slowly add the buttermilk mixture, until just incorporated. Fold in the flour mixture until just combined, then fold in the chocolate chips and cherries. Fill the cupcake tins 3/4 full with the batter.
- ☐ Bake until a toothpick inserted in the center of a cupcake comes out clean, about 15 to 17 minutes.
- ☐ Remove the cupcakes from the tin and cool for 10 minutes. Put a good-sized dollop of marshmallow cream on each cupcake, sprinkle with chocolate shavings and top with a cherry.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:14.62, Inflammation Score:-5, Nutrition Score:7.648260920349%

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: 325.13kcal (16.26%), Fat: 10.9g (16.77%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 51.17g (18.61%), Sugar: 35.99g (39.99%), Cholesterol: 88.94mg (29.65%), Sodium: 200.92mg (8.74%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 17.83mg (5.94%), Protein: 5.89g (11.78%), Manganese: 0.39mg (19.69%), Selenium: 11.76µg (16.8%), Copper: 0.32mg (15.81%), Fiber: 3.46g (13.84%), Iron: 2.24mg (12.43%), Phosphorus: 118.5mg (11.85%), Magnesium: 43.44mg (10.86%), Vitamin B2: 0.18mg (10.39%), Vitamin A: 517.37IU (10.35%), Folate: 30.48µg (7.62%), Vitamin B1: 0.1mg (6.66%), Zinc: 0.93mg (6.19%), Calcium: 54.72mg (5.47%), Potassium: 170.24mg (4.86%), Vitamin B5: 0.44mg (4.41%), Vitamin B12: 0.24µg (4.07%), Vitamin B3: 0.81mg (4.07%), Vitamin D: 0.57µg (3.82%), Vitamin E: 0.41mg (2.76%), Vitamin B6: 0.05mg (2.56%), Vitamin K: 1.46µg (1.39%)