



WHATSheATE



Black Magic Mousse Topped Cupcakes

READY IN



35 min.

SERVINGS



32

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1 cup buttermilk
- ☐ 1 cup hot-brewed coffee hot brewed
- ☐ 3 ounces chocolate chips dark
- ☐ 0.8 cup dutch processed dark unsweetened
- ☐ 2 large eggs
- ☐ 7.9 ounces flour well
- ☐ 2 cups granulated sugar

- ☐ 2 cups heavy whipping cream
- ☐ 5 ounces chocolate
- ☐ 1 tablespoon hungry jack pancake syrup (or whatever syrup)
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon vanilla
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350°F. Line 32 cupcake cups with paper liners. In a large bowl, stir together flour, cocoa, baking powder, baking soda, salt and sugar. Make a well in the center and add eggs, milk, oil, vanilla and coffee, then stir until mixed. With an electric mixer, beat on medium until smooth.
- ☐ Bake cupcakes for about 25 to 28 minutes or until set. In a microwave-safe bowl, melt the two chocolates together using 50% power and stirring every 30 seconds.
- ☐ Add the room temperature pancake syrup and ½ cup of the cream and transfer to a mixing bowl.
- ☐ Let cool to room temperature (about 5 minutes), then gradually add remaining 1 ½ cups of cream and beat with an electric mixer until thick. Beat in vanilla.
- ☐ Transfer the mousse into a large, heavy duty freezer bag and chill for 10 minutes. Snip the bottom corner of the bag about ½ inch from the point and squeeze the mousse out onto the top of each cupcake. Keep cupcakes chilled until serving time.

Nutrition Facts



PROTEIN 5.35% **FAT 43.73%** **CARBS 50.92%**

Properties

Glycemic Index:9.71, Glycemic Load:13.77, Inflammation Score:-3, Nutrition Score:3.7513043566243%

Flavonoids

Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 183.61kcal (9.18%), Fat: 9.34g (14.37%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 23.2g (8.44%), Sugar: 16.57g (18.41%), Cholesterol: 29.31mg (9.77%), Sodium: 175.68mg (7.64%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Caffeine: 10.52mg (3.51%), Protein: 2.57g (5.15%), Manganese: 0.16mg (7.78%), Vitamin B2: 0.12mg (6.96%), Selenium: 4.69µg (6.69%), Copper: 0.13mg (6.26%), Phosphorus: 56.45mg (5.64%), Fiber: 1.28g (5.12%), Magnesium: 20.03mg (5.01%), Vitamin A: 248.56IU (4.97%), Iron: 0.86mg (4.75%), Vitamin B1: 0.07mg (4.6%), Folate: 16.73µg (4.18%), Calcium: 40.65mg (4.06%), Zinc: 0.45mg (3.03%), Potassium: 100.76mg (2.88%), Vitamin B3: 0.55mg (2.74%), Vitamin D: 0.4µg (2.65%), Vitamin K: 2.32µg (2.21%), Vitamin E: 0.29mg (1.94%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.09µg (1.56%), Vitamin B6: 0.02mg (1.21%)