



## Black Out Cupcake

READY IN



90 min.

SERVINGS



24

CALORIES



477 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 0.3 cup brown muscovado sugar light
- 0.5 cup carrot juice fresh organic
- 24 servings marzipan carrots for garnish
- 0.3 teaspoon cayenne pepper organic
- 24 servings cayenne pepper for garnish
- 0.8 cup cocoa powder such as valrhona
- 1 egg yolk organic

- 2 eggs organic
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon organic
- 0.5 teaspoon ground ginger organic
- 2 cups heavy cream organic
- 0.8 cup full-fat cream cheese
- 1 cup milk organic
- 1 teaspoon salt
- 18 ounces bittersweet chocolate finely chopped
- 2 cups sugar organic
- 2 ounces sugar organic
- 2 ounces butter unsalted organic
- 1 teaspoon vanilla extract
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil
- 1 cup water boiling
- 9 ounces chocolate white finely chopped

## Equipment

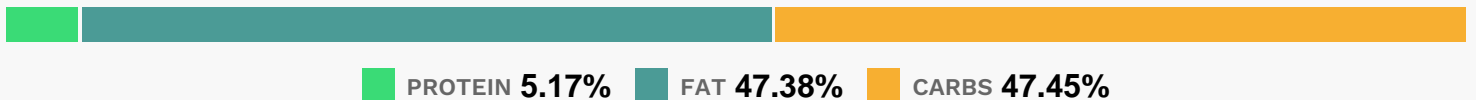
- bowl
- sauce pan
- oven
- whisk
- plastic wrap
- melon baller

## Directions

- For the cupcakes: Preheat the oven to 325 degrees F. Line 2 cupcake pans with paper liners. Sift the flour, cocoa powder, baking powder, baking soda and salt together into a bowl.

- Whisk together the sugar, milk, oil, vanilla, eggs and egg yolk.
- Whisk into the dry ingredients slowly, followed by the boiling water, just to combine.
- Pour into the cupcake pans and bake for about 18 minutes.
- Let cool completely.
- Whisk together the cream cheese, carrot juice and sugar in a large saucepan until smooth.
- Place over low heat until just boiling.
- Place the white chocolate in a large bowl and pour the hot carrot mixture over.
- Mix well until all the chocolate has melted. Stir in the cinnamon, vanilla and ginger.
- Let cool.
- Combine the cream, sugar and cayenne in a saucepan and bring to a boil.
- Combine the chocolate and butter in a bowl.
- Whisk the hot cream into the chocolate until smooth, then cover with plastic wrap.
- For assembly: Use a melon baller to scoop out the center of each cupcake and fill with carrot ganache. Frost with the chocolate ganache and sprinkle each cupcake with some cayenne pepper.
- Garnish with a marzipan carrot.

## Nutrition Facts



## Properties

Glycemic Index:25.04, Glycemic Load:26.2, Inflammation Score:-10, Nutrition Score:16.473043410674%

## Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 476.91kcal (23.85%), Fat: 25.9g (39.85%), Saturated Fat: 14.79g (92.44%), Carbohydrates: 58.36g (19.45%), Net Carbohydrates: 52.93g (19.25%), Sugar: 40.96g (45.51%), Cholesterol: 61.12mg (20.37%), Sodium:

300.03mg (13.04%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Caffeine: 24.47mg (8.16%), Protein: 6.36g (12.72%), Vitamin A: 12979.99IU (259.6%), Manganese: 0.63mg (31.53%), Copper: 0.44mg (21.98%), Fiber: 5.43g (21.72%), Phosphorus: 183.05mg (18.3%), Magnesium: 70.28mg (17.57%), Iron: 2.8mg (15.53%), Vitamin K: 16.12µg (15.35%), Potassium: 518.89mg (14.83%), Vitamin B2: 0.25mg (14.71%), Selenium: 9.6µg (13.71%), Calcium: 124.3mg (12.43%), Vitamin E: 1.76mg (11.71%), Vitamin B1: 0.17mg (11%), Folate: 39.53µg (9.88%), Vitamin B6: 0.2mg (9.86%), Vitamin B3: 1.8mg (9%), Zinc: 1.31mg (8.73%), Vitamin C: 5.91mg (7.17%), Vitamin B5: 0.58mg (5.82%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.58µg (3.86%)