



Brownie Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



123 kcal

DESSERT

Ingredients

- 120 grams baker's chocolate unsweetened chopped
- 113 grams butter unsalted cut into pieces
- 250 grams granulated sugar white
- 1 teaspoon vanilla extract pure
- 3 large eggs
- 95 grams flour
- 0.3 teaspoon salt

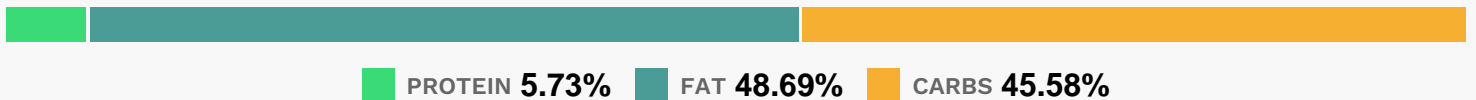
Equipment

- bowl
- sauce pan
- oven
- wire rack
- hand mixer
- broiler
- muffin liners

Directions

- Preheat oven to 325 degrees F (170 degrees C). Turbo broiler 150 Degrees
- Melt the chopped chocolate and butter in a stainless steel bowl placed over a saucepan of simmering water. Once the chocolate is melted and smooth, remove from heat and let cool for a few minutes
- Then stir (can also use a hand mixer) in the sugar.
- Add the vanilla and then add the eggs, one at a time, mixing well after each addition.
- Mix in the flour and salt until well blended.
- Evenly divide the batter between the muffin cups.
- Place in the preheated oven and bake for about 20 - 25 minutes. For turbo broiler 150 Degrees for 13-15 minutes.
- Remove from oven and let cool on a wire rack. Once the cupcakes have completely cooled, frost with icing.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:9.46, Inflammation Score:-2, Nutrition Score:3.0939130434783%

Flavonoids

Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg

Taste

Sweetness: 100%, Saltiness: 22.35%, Sourness: 2.62%, Bitterness: 1.35%, Savoriness: 12.6%, Fattiness: 71.38%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 122.74kcal (6.14%), Fat: 7.1g (10.92%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 14.02g (5.1%), Sugar: 10.5g (11.67%), Cholesterol: 33.37mg (11.12%), Sodium: 35.02mg (1.52%), Caffeine: 4mg (1.33%), Protein: 1.88g (3.76%), Manganese: 0.24mg (11.91%), Copper: 0.17mg (8.67%), Iron: 1.17mg (6.5%), Selenium: 3.78µg (5.39%), Magnesium: 18.09mg (4.52%), Zinc: 0.6mg (3.97%), Phosphorus: 37.79mg (3.78%), Fiber: 0.94g (3.75%), Vitamin B2: 0.06mg (3.34%), Vitamin A: 151.41IU (3.03%), Folate: 11.72µg (2.93%), Vitamin B1: 0.04mg (2.75%), Potassium: 55.95mg (1.6%), Vitamin B3: 0.31mg (1.54%), Vitamin E: 0.2mg (1.31%), Vitamin D: 0.2µg (1.3%), Vitamin B5: 0.13mg (1.27%), Vitamin B12: 0.06µg (1.06%), Calcium: 10.41mg (1.04%)