



Carrot-Chocolate Cupcakes

READY IN



45 min.

SERVINGS



22

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 pound carrots peeled sliced
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup buttermilk low-fat
- ☐ 3 tablespoons powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce bittersweet chocolate finely chopped
- ☐ 1.8 cups sugar

☐ 6 tablespoons vegetable oil

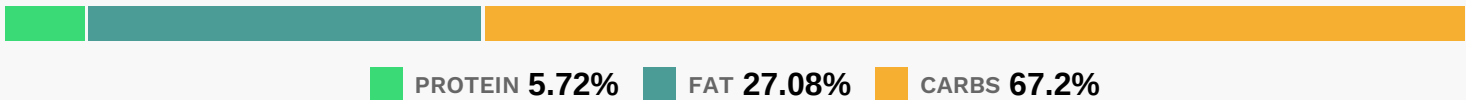
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place carrots in a food processor; process until finely minced.
- ☐ Combine carrots, sugar, oil, buttermilk, and eggs in a large bowl. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, soda, and salt, stirring with a whisk.
- ☐ Add flour mixture to carrot mixture; stir until smooth. Stir in chocolate.
- ☐ Spoon batter into 22 muffin cups lined with paper liners.
- ☐ Bake at 350 for 22 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack, and remove from pan. Cool completely on wire rack. Dust the cupcakes with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:8.72, Glycemic Load:18.03, Inflammation Score:-9, Nutrition Score:6.7052173122116%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 166.76kcal (8.34%), Fat: 5.1g (7.85%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 27.49g (10%), Sugar: 18.62g (20.69%), Cholesterol: 25.59mg (8.53%), Sodium: 182.17mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin A: 3483.59IU (69.67%), Vitamin K: 9.69µg (9.23%), Selenium: 6.25µg (8.93%), Vitamin B1: 0.11mg (7.15%), Folate: 28.1µg (7.02%), Vitamin B2: 0.11mg (6.4%), Manganese: 0.13mg (6.34%), Vitamin B3: 0.89mg (4.46%), Iron: 0.8mg (4.45%), Phosphorus: 39.58mg (3.96%), Fiber: 0.99g (3.95%), Vitamin E: 0.53mg (3.52%), Potassium: 100.69mg (2.88%), Copper: 0.05mg (2.41%), Vitamin B6: 0.05mg (2.34%), Vitamin B5: 0.22mg (2.24%), Magnesium: 8.46mg (2.12%), Zinc: 0.27mg (1.79%), Calcium: 17.55mg (1.75%), Vitamin C: 1.25mg (1.52%), Vitamin B12: 0.07µg (1.18%)