



Choco-Sour Cream Cupcakes

READY IN



40 min.

SERVINGS



20

CALORIES



121 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 1 batch milk chocolate-cream cheese frosting
- ☐ 0.5 cup brown sugar dark
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 2 tablespoons butter unsalted softened
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.5 cup water boiling

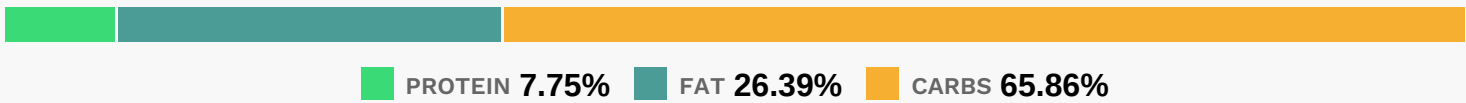
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ muffin tray

Directions

- ☐ Preheat oven to 35
- ☐ Place 15 muffin cup liners in muffin tin.
- ☐ Whisk together first 5 ingredients. Sift mixture through sieve into a bowl; discard any lumps.
- ☐ Add chocolate, butter, and cocoa to a large heatproof bowl, and pour 1/2 cup boiling water on top.
- ☐ Let sit 2 minutes, and whisk until smooth.
- ☐ Add sour cream, buttermilk, and eggs, whisking until well-combined.
- ☐ Add dry ingredients to wet.
- ☐ Divide batter among liners; bake in middle of oven 20 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes; transfer cupcakes to a wire rack to cool. Frost cakes.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:8.67, Inflammation Score:-2, Nutrition Score:3.1021738991789%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 120.76kcal (6.04%), Fat: 3.63g (5.59%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 19.53g (7.1%), Sugar: 11.76g (13.07%), Cholesterol: 24.03mg (8.01%), Sodium: 93.69mg (4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.91mg (1.64%), Protein: 2.4g (4.8%), Selenium: 5.51µg (7.88%), Manganese: 0.15mg (7.41%), Vitamin B1: 0.08mg (5.45%), Vitamin B2: 0.09mg (5.34%), Folate: 20.88µg (5.22%), Iron: 0.9mg (5%), Copper: 0.1mg (4.95%), Phosphorus: 45.27mg (4.53%), Magnesium: 14.84mg (3.71%), Fiber: 0.88g (3.51%), Vitamin B3: 0.62mg (3.09%), Calcium: 27.56mg (2.76%), Zinc: 0.34mg (2.24%), Potassium: 78.37mg (2.24%), Vitamin A: 85.08IU (1.7%), Vitamin B5: 0.15mg (1.54%), Vitamin B12: 0.09µg (1.49%), Vitamin B6: 0.02mg (1.02%)