



## Chocolate-Almond Cupcakes with Fluffy Coconut Frosting

READY IN



55 min.

SERVINGS



12

CALORIES



716 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup blanched slivered almonds (or rounded)
- ☐ 4 large eggs room temperature
- ☐ 2.3 cups flour all-purpose
- ☐ 7 fluffy frosting
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar

- ☐ 6 cups coconut shredded sweetened (from two 14-ounce bags)
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 2 ounces baker's chocolate unsweetened
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 13.5 ounce coconut milk unsweetened canned
- ☐ 2 teaspoons vanilla extract pure

## Equipment

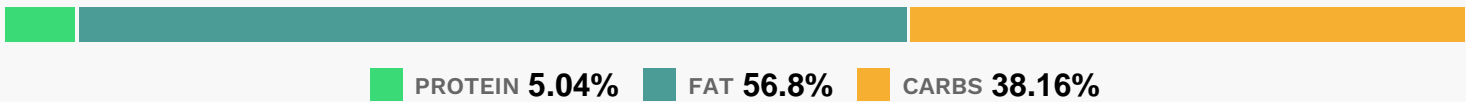
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 350°F. Butter muffin cups.
- ☐ In food processor, process almonds and 1/2 cup sugar until finely ground.
- ☐ Add 2 loosely packed cups shredded coconut and pulse twice to chop slightly.
- ☐ Transfer mixture to medium bowl and whisk in flour, cocoa, baking powder, baking soda, and salt.
- ☐ In metal bowl set over pan of barely simmering water, melt chocolate, stirring until smooth.
- ☐ Remove from heat and set aside.
- ☐ Using electric mixer, beat butter and remaining 1 cup sugar at high speed until fluffy, about 5 minutes. Beat in eggs 1 at a time, beating well after each addition.
- ☐ Add melted chocolate and beat at moderate speed until incorporated.

- ☐ Add 1/2 of flour mixture and mix at low speed until nearly smooth.
- ☐ Add coconut milk and vanilla and mix at low speed until blended.
- ☐ Add remaining flour mixture and mix at low speed until smooth.
- ☐ Spoon batter into prepared muffin cups, filling almost to top.
- ☐ Bake until tester inserted in center of 1 cake comes out clean, about 25 minutes. Cool in pans on racks.
- ☐ Pour remaining shredded coconut into 9-inch-square baking dish. Run small knife around edges of pans and unmold cakes.
- ☐ Spread frosting on cakes and invert each into coconut to coat frosting liberally.
- ☐ Garnish with Jordan almonds, if desired.

## Nutrition Facts



## Properties

Glycemic Index:23.34, Glycemic Load:30.82, Inflammation Score:-6, Nutrition Score:18.153478218162%

## Flavonoids

Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg Epicatechin: 13.74mg, Epicatechin: 13.74mg, Epicatechin: 13.74mg, Epicatechin: 13.74mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 716.39kcal (35.82%), Fat: 47.4g (72.93%), Saturated Fat: 33.27g (207.92%), Carbohydrates: 71.64g (23.88%), Net Carbohydrates: 65.5g (23.82%), Sugar: 46.45g (51.61%), Cholesterol: 102.67mg (34.22%), Sodium: 447.55mg (19.46%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Caffeine: 12.02mg (4.01%), Protein: 9.47g (18.93%), Manganese: 2.03mg (101.61%), Selenium: 24.01µg (34.3%), Copper: 0.63mg (31.74%), Iron: 4.44mg (24.65%), Fiber: 6.14g (24.56%), Phosphorus: 242.62mg (24.26%), Magnesium: 93.61mg (23.4%), Vitamin E: 2.49mg (16.57%), Folate: 65.82µg (16.45%), Vitamin B2: 0.28mg (16.23%), Vitamin B1: 0.24mg (15.77%), Zinc: 2.33mg (15.55%), Potassium: 428.22mg (12.23%), Calcium: 113.69mg (11.37%), Vitamin A: 563.2IU (11.26%), Vitamin B3: 2.24mg (11.21%), Vitamin B6: 0.19mg (9.26%), Vitamin B5: 0.8mg (8.01%), Vitamin D: 0.62µg (4.11%), Vitamin B12: 0.18µg (3.01%), Vitamin K: 2.24µg (2.13%), Vitamin C: 1.21mg (1.46%)