



Chocolate and Marshmallow Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



393 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 4 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup garnish: marshmallows mini
- ☐ 1 teaspoon salt
- ☐ 0.5 cup semi-sweet chocolate chips mini
- ☐ 1 cup sugar
- ☐ 8 oz baking chocolate dark unsweetened chopped

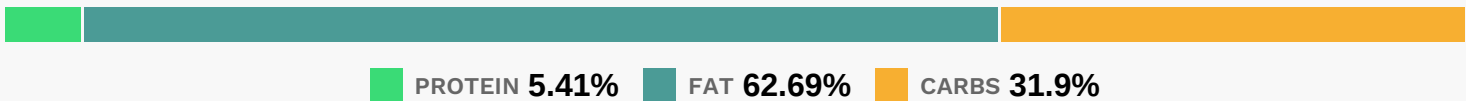
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Place chocolate and butter together in a microwave-safe bowl; heat on high setting just until melted. Cool until just warm.
- ☐ Blend together eggs and sugar until light and foamy.
- ☐ Add flour and salt; mix well.
- ☐ Pour in chocolate mixture; blend until smooth. Spoon batter into 12 paper-lined muffin cups; sprinkle chocolate chips evenly over tops.
- ☐ Bake at 350 for 15 minutes or until toothpick tests clean.
- ☐ Remove from oven; arrange several marshmallows on top of each cupcake. Broil just until marshmallows turn golden.
- ☐ Remove from oven and let stand 5 minutes to cool slightly.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:16.98, Inflammation Score:-6, Nutrition Score:10.919999988183%

Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 392.74kcal (19.64%), Fat: 29.55g (45.46%), Saturated Fat: 17.92g (111.98%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 29.9g (10.87%), Sugar: 20.77g (23.08%), Cholesterol: 95.67mg (31.89%), Sodium: 343.51mg (14.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 21.39mg (7.13%), Protein: 5.74g (11.48%), Manganese: 0.94mg (47.14%), Copper: 0.73mg (36.36%), Iron: 4.39mg (24.37%), Magnesium: 78.54mg (19.63%), Fiber: 3.93g (15.73%), Zinc: 2.28mg (15.18%), Selenium: 9.62µg (13.74%), Phosphorus: 136.74mg (13.67%), Vitamin A: 555.57IU (11.11%), Vitamin B2: 0.14mg (8.1%), Folate: 27.07µg (6.77%), Potassium: 231.83mg (6.62%), Vitamin B1: 0.1mg (6.55%), Vitamin E: 0.72mg (4.77%), Vitamin B3: 0.8mg (4%), Calcium: 37.88mg (3.79%), Vitamin K: 3.75µg (3.57%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.18µg (2.93%), Vitamin D: 0.29µg (1.96%), Vitamin B6: 0.04mg (1.83%)