



 1%
HEALTH SCORE

Chocolate Caramel Cupcakes

READY IN



45 min.

SERVINGS



20

CALORIES



324 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 1 cup cocoa powder unsweetened
- 0.8 teaspoon baking soda
- 0.3 teaspoon salt
- 0.5 cup butter unsalted at room temperature
- 1 cups sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 3 ounces bittersweet chocolate cooled melted

- 1 cup milk at room temperature
- 0.5 cup butter
- 1 cup brown rice packed
- 0.8 cup milk divided
- 3 cups powdered sugar plus a little extra if needed

Equipment

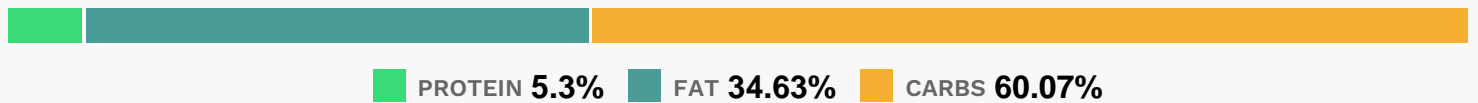
- bowl
- sauce pan
- oven
- whisk
- mixing bowl
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees. Prepare the cupcake pans by greasing or placing paper liners in them.
- Whisk flour, cocoa powder, baking soda and salt together in a small bowl; set aside.
- In a large bowl with an electric hand mixer on medium beat butter until creamy, about 2 minutes.
- Add sugar gradually, beating until light and fluffy, about 3 minutes, scraping down bowl occasionally. Beat in Vanilla Extract. Beat in eggs one at a time. Beat in cooled chocolate.
- Beat in the flour mixture in 4 additions alternating with the milk. Begin and end with the flour mixture and beat briefly until smooth on low-medium.
- Fill cupcake wells 3/4 of the way.
- Bake about 22 minutes or until a toothpick in middle shows a few moist crumbs.
- Cool on wire racks ten minutes. Then remove cupcakes to racks to cool completely.
- To make frosting: in a 2-quart saucepan melt butter over medium heat. Stir in brown sugar.
- Heat to boiling, stirring constantly, reduce heat to low.

- Boil and stir 2 minutes. Stir in 1/2 cup Milk.
- Heat to boiling, remove from heat. Cool to lukewarm, about 30 minutes.
- Pour the caramel into a large mixing bowl gradually stir in powdered sugar and milk. Beat with an electric hand mixer on low about 6 minutes until light and fluffy. If too stiff add milk a teaspoon at a time to get the right consistency. If too watery add additional powdered sugar beating on low until it reaches the right consistency.
- Store in refrigerator for 15 minutes before frosting to help it firm up.
- For salted caramel sprinkle sea salt on top or mix a 1/2 teaspoon right into the frosting towards the end.

Nutrition Facts



Properties

Glycemic Index:16.49, Glycemic Load:18.32, Inflammation Score:-4, Nutrition Score:7.4665217391304%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Taste

Sweetness: 100%, Saltiness: 23.98%, Sourness: 5.45%, Bitterness: 3.52%, Savoriness: 13.64%, Fattiness: 50.28%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 323.89kcal (16.19%), Fat: 12.93g (19.9%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 50.48g (16.83%), Net Carbohydrates: 47.89g (17.41%), Sugar: 30.33g (33.7%), Cholesterol: 43.59mg (14.53%), Sodium: 124.02mg (5.39%), Caffeine: 13.55mg (4.52%), Protein: 4.46g (8.92%), Manganese: 0.67mg (33.31%), Copper: 0.27mg (13.34%), Magnesium: 48.62mg (12.15%), Phosphorus: 114.21mg (11.42%), Vitamin B1: 0.16mg (10.43%), Fiber: 2.59g (10.37%), Selenium: 7.25µg (10.35%), Iron: 1.71mg (9.52%), Vitamin B2: 0.14mg (8.07%), Folate: 28.56µg (7.14%), Vitamin A: 344.11IU (6.88%), Vitamin B3: 1.31mg (6.54%), Zinc: 0.84mg (5.62%), Potassium: 169.99mg (4.86%), Calcium: 44.92mg (4.49%), Vitamin B6: 0.08mg (4.06%), Vitamin B5: 0.38mg (3.8%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.41µg (2.72%), Vitamin E: 0.36mg (2.38%), Vitamin K: 1.32µg (1.26%)