



Chocolate Chip and Mascarpone Cupcakes

READY IN



115 min.

SERVINGS



24

CALORIES



263 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 large eggs
- 3 cups flour all-purpose
- 0.7 cup heavy whipping cream
- 0.3 cup mascarpone cheese at room temperature
- 1 teaspoon sea salt fine
- 6 ounces semi chocolate chips (recommended: Nestle morsels)
- 2.3 cups sugar

- 5 ounces chocolate unsweetened chopped
- 0.5 teaspoon vanilla extract
- 1 tablespoon vanilla extract
- 1 cup vegetable oil
- 1 cup water

Equipment

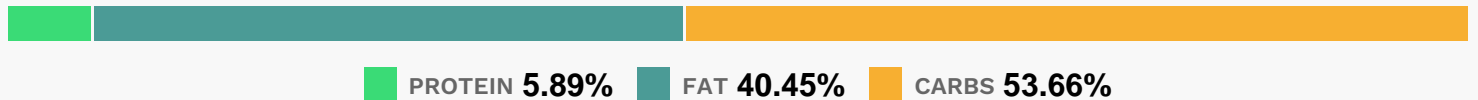
- bowl
- baking sheet
- sauce pan
- oven
- whisk

Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven and preheat to 325 degrees F.
- Combine the unsweetened chocolate and water in a small saucepan over medium-low heat. Stir constantly until the chocolate is melted, about 2 minutes. Cool for 2 minutes.
- Whisk in the mascarpone cheese until the mixture is smooth.
- Beat the sugar, oil, eggs, and vanilla in a large bowl for 30 seconds. Stir in the mascarpone mixture.
- Whisk the flour, baking soda, salt, baking powder, and chocolate chips in a medium bowl.
- Add the dry ingredients to the chocolate mixture. Stir until just blended.
- Divide the batter among the prepared muffin pans.
- Bake for 20 to 25 minutes or until a tester inserted into the center of a cupcake comes out with no crumbs attached. Cool the cupcakes completely before dipping, about 1 hour.
- Place the chocolate chips in a small bowl.
- Combine the heavy cream and vanilla extract in a small saucepan over medium-low heat. Cook until small bubbles appear on the outside edge of the cream.

- Pour the hot cream mixture over the chocolate chips. Using a fork, gently stir until all the chocolate is melted and the mixture is smooth.
- Dip the tops of each cupcake in the ganache and transfer to a baking sheet.
- Place the dipped cupcakes in the refrigerator to set, about 15 to 20 minutes. Allow cupcakes to return to room temperature before serving.
- Cook's Note: For puffier cupcakes allow the batter to rest in the muffin pans for 20 minutes before baking.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:21.74, Inflammation Score:-4, Nutrition Score:6.448695635828%

Flavonoids

Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg

Nutrients (% of daily need)

Calories: 263.07kcal (13.15%), Fat: 12.22g (18.8%), Saturated Fat: 6.36g (39.78%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 34.5g (12.55%), Sugar: 21.71g (24.12%), Cholesterol: 34.27mg (11.42%), Sodium: 166.88mg (7.26%), Alcohol: 0.22g (100%), Alcohol %: 0.33% (100%), Caffeine: 10.82mg (3.61%), Protein: 4g (8.01%), Manganese: 0.45mg (22.54%), Copper: 0.31mg (15.53%), Iron: 2.34mg (12.98%), Selenium: 8.6µg (12.29%), Vitamin B1: 0.14mg (9.17%), Magnesium: 36.64mg (9.16%), Folate: 33.45µg (8.36%), Fiber: 1.97g (7.88%), Vitamin B2: 0.13mg (7.75%), Phosphorus: 77mg (7.7%), Zinc: 0.97mg (6.44%), Vitamin B3: 1.07mg (5.37%), Vitamin K: 4.7µg (4.48%), Vitamin A: 178.23IU (3.56%), Potassium: 122.17mg (3.49%), Calcium: 30.45mg (3.05%), Vitamin E: 0.35mg (2.33%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.23µg (1.54%), Vitamin B12: 0.08µg (1.32%), Vitamin B6: 0.02mg (1.2%)