



WHATSheATE



Chocolate Chip Angel Cupcakes with Fluffy Frosting

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



79 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cake flour sifted
- ☐ 0.1 teaspoon cream of tartar
- ☐ 0.5 teaspoon cream of tartar
- ☐ 2 large egg whites
- ☐ 6 large egg whites
- ☐ 0.8 teaspoon juice of lemon fresh
- ☐ 0.1 teaspoon salt

- ☐ 1 Dash salt
- ☐ 0.3 cup semisweet chocolate minichips
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar divided
- ☐ 0.3 cup coconut or sweetened flaked toasted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

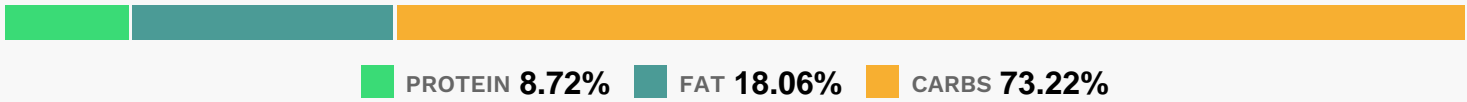
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ double boiler
- ☐ muffin liners
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 32
- ☐ To prepare cupcakes, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 6 tablespoons sugar, stirring with a whisk.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add cream of tartar and 1/8 teaspoon salt; beat until soft peaks form.
- ☐ Add 6 tablespoons sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in 1 teaspoon vanilla and juice.

- ☐ Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat procedure with remaining flour mixture, 1/4 cup at a time. Fold in chocolate chips.
- ☐ Place 24 paper muffin cup liners in muffin cups. Spoon about 3 heaping tablespoons batter into each muffin cup.
- ☐ Bake at 325 for 15 minutes or until cupcakes spring back when lightly touched.
- ☐ Remove from pans; cool on a wire rack.
- ☐ To prepare frosting, combine 1/2 cup sugar and next 4 ingredients (1/2 cup sugar through 2 egg whites) in top of a double boiler; place over barely simmering water. Beat with a mixer at high speed until stiff peaks form and candy thermometer registers 16
- ☐ Beat in 1/2 teaspoon vanilla. Spoon 1 heaping tablespoon frosting over each cupcake.
- ☐ Sprinkle evenly with coconut.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:8.5, Inflammation Score:-1, Nutrition Score:1.149130432745%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 79.24kcal (3.96%), Fat: 1.6g (2.47%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 14.2g (5.16%), Sugar: 12.05g (13.39%), Cholesterol: 0.2mg (0.07%), Sodium: 35.12mg (1.53%), Alcohol: 0.09g (100%), Alcohol %: 0.36% (100%), Protein: 1.74g (3.48%), Selenium: 3.72µg (5.31%), Manganese: 0.08mg (3.75%), Vitamin B2: 0.05mg (3.17%), Copper: 0.05mg (2.61%), Magnesium: 8.15mg (2.04%), Fiber: 0.41g (1.65%), Potassium: 55.99mg (1.6%), Iron: 0.26mg (1.46%), Phosphorus: 13.64mg (1.36%)