

Chocolate-Chocolate Chunk Cupcakes







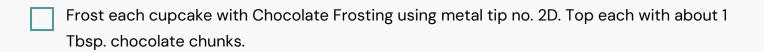
DESSERT

Ingredients

i teaspoon double-acting baking powder
1 teaspoon baking soda
0.5 cup butter softened
1 cup butter softened
1.5 cups chocolate chunks
1 teaspoon chocolate extract
1 cup dutch-processed cocoa powder
4 large eggs

1 cups baking mix

	16 oz powdered sugar
	O.1 teaspoon salt
	0.5 teaspoon salt
	2 cups caster sugar
	0.5 cup cocoa powder unsweetened
	2 cups water boiling
	2.8 cups flour all-purpose
	0.3 cup whipping cream
Eq	Juipment
	bowl
	oven
	blender
	hand mixer
Di	rections
	Preheat oven to 350 degrees.
	Combine cocoa and 2 cups boiling water in a large heatproof bowl, stirring until blended and smooth; cool completely. Beat butter with a mixer until creamy; gradually add sugar, beating until blended.
	Add eggs, 1 at a time, beating until blended after each addition.
	Combine flour and next 3 ingredients; add to butter mixture alternately with cocoa mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in chocolate extract.
	Place paper baking cups in 2 (12-cup) muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
	Bake for 12 to 15 minutes. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely.
	To prepare Chocolate Frosting, beat first 4 ingredients at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Beat at high speed 2 minutes or until creamy. Makes 3 cups.



Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:19.59, Inflammation Score:-5, Nutrition Score:8.0556521017266%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 409.96kcal (20.5%), Fat: 19.26g (29.63%), Saturated Fat: 11.31g (70.68%), Carbohydrates: 58.45g (19.48%), Net Carbohydrates: 55.12g (20.04%), Sugar: 39.87g (44.3%), Cholesterol: 65.98mg (21.99%), Sodium: 295.59mg (12.85%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 21.5mg (7.17%), Protein: 4.85g (9.7%), Manganese: 0.47mg (23.28%), Copper: 0.38mg (18.84%), Selenium: 9.91μg (14.15%), Phosphorus: 137.27mg (13.73%), Iron: 2.41mg (13.4%), Fiber: 3.33g (13.32%), Magnesium: 51.68mg (12.92%), Vitamin B1: 0.15mg (10.23%), Vitamin B2: 0.17mg (9.8%), Folate: 38.66μg (9.66%), Vitamin A: 453.65lU (9.07%), Vitamin B3: 1.29mg (6.47%), Zinc: 0.91mg (6.08%), Potassium: 184.22mg (5.26%), Calcium: 45.6mg (4.56%), Vitamin E: 0.53mg (3.53%), Vitamin B5: 0.3mg (3.04%), Vitamin B12: 0.14μg (2.37%), Vitamin K: 2.39μg (2.28%), Vitamin B6: 0.04mg (1.79%), Vitamin D: 0.22μg (1.46%)