



## Chocolate-Coconut Cupcakes

READY IN



10 min.

SERVINGS



10

CALORIES



403 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 0.5 recipe chocolate ganache
- 1 cup coconut milk unsweetened whole refrigerated
- 2 large eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon salt
- 10 servings slivered almonds whole

- 0.8 cup sugar
- 3 cups coconut or sweetened divided flaked
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Beat butter and sugar at medium speed with an electric mixer until fluffy. Beat in eggs, 1 at a time. Beat in coconut extract.
- Combine flour and next 4 ingredients; add to butter mixture alternately with coconut milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition, stopping to scrape down sides of bowl as needed.
- Add 1 cup coconut, blending well.
- Spoon batter into 18 muffin cups lined with muffin cup liners.
- Bake at 350 for 18 minutes or until toothpick inserted in center comes out with moist crumbs clinging.
- Remove from pan; cool completely on a wire rack.
- Top cupcakes with Coconut-Marshmallow Buttercream Frosting. Top with remaining 2 cups coconut; drizzle with Chocolate Ganache.
- Garnish, if desired.

## Nutrition Facts



■ PROTEIN 4.91% ■ FAT 52.73% ■ CARBS 42.36%

## Properties

Glycemic Index:33.97, Glycemic Load:19.59, Inflammation Score:-4, Nutrition Score:8.8313044128211%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 402.95kcal (20.15%), Fat: 24.58g (37.82%), Saturated Fat: 18.52g (115.74%), Carbohydrates: 44.43g (14.81%), Net Carbohydrates: 39.69g (14.43%), Sugar: 26.12g (29.02%), Cholesterol: 61.6mg (20.53%), Sodium: 341.26mg (14.84%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Caffeine: 7.52mg (2.51%), Protein: 5.15g (10.29%), Manganese: 0.72mg (35.77%), Selenium: 14.66µg (20.94%), Fiber: 4.74g (18.95%), Copper: 0.3mg (14.86%), Phosphorus: 129.98mg (13%), Iron: 2.23mg (12.39%), Magnesium: 45.56mg (11.39%), Folate: 39.64µg (9.91%), Vitamin B1: 0.14mg (9.46%), Vitamin B2: 0.16mg (9.15%), Vitamin B3: 1.41mg (7.03%), Potassium: 244.54mg (6.99%), Vitamin A: 337.65IU (6.75%), Calcium: 59.5mg (5.95%), Zinc: 0.84mg (5.6%), Vitamin E: 0.68mg (4.51%), Vitamin B5: 0.33mg (3.27%), Vitamin B6: 0.05mg (2.26%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.2µg (1.33%)