



Chocolate-Coconut Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



164 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon baking soda
- ☐ 1 large egg white at room temperature ()
- ☐ 1 large egg yolk
- ☐ 0.7 cup yogurt plain fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon butter

- ☐ 2 tablespoons butter melted
- ☐ 1 cup powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 ounce bittersweet chocolate chopped
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons coconut or shredded sweetened
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water boiling
- ☐ 1.5 tablespoons water

Equipment

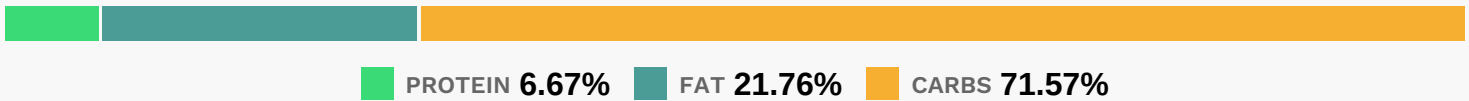
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ muffin liners

Directions

- ☐ Preheat oven to 35
- ☐ Place 12 paper muffin cup liners in muffin cups. Set aside.
- ☐ Combine cocoa and 1 teaspoon cinnamon in a small bowl.
- ☐ Add boiling water, stirring until cocoa dissolves. Set aside.
- ☐ Combine yogurt and baking soda; stir.
- ☐ Combine 1/2 cup sugar, 2 tablespoons margarine, and yolk. Beat at high speed of a mixer 1 minute.
- ☐ Add cocoa mixture, yogurt mixture, flour, coconut, 1 teaspoon vanilla, and almond extract; mix well.

- ☐ Beat salt and egg white at high speed of a mixer until stiff peaks form. Fold into batter; divide batter evenly among prepared muffin cups.
- ☐ Bake at 350 for 20 minutes or until cupcakes spring back when touched lightly in center.
- ☐ Combine 1 1/2 tablespoons water, 1 teaspoon margarine, and chocolate in a small saucepan.
- ☐ Place over medium-low heat until chocolate melts.
- ☐ Remove from heat; stir in powdered sugar, 1/2 teaspoon cinnamon, and 1/2 teaspoon vanilla.
- ☐ Spread 2 teaspoons glaze over each warm cupcake.
- ☐ Let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:11.57, Inflammation Score:-2, Nutrition Score:3.6234782441803%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 163.91kcal (8.2%), Fat: 4.04g (6.22%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 28.84g (10.49%), Sugar: 20.55g (22.84%), Cholesterol: 15.64mg (5.21%), Sodium: 187.76mg (8.16%), Alcohol: 0.23g (100%), Alcohol %: 0.44% (100%), Caffeine: 3.89mg (1.3%), Protein: 2.79g (5.57%), Manganese: 0.23mg (11.44%), Selenium: 6.07µg (8.68%), Vitamin B2: 0.11mg (6.59%), Vitamin B1: 0.09mg (6.22%), Folate: 23.47µg (5.87%), Phosphorus: 53.64mg (5.36%), Iron: 0.85mg (4.74%), Copper: 0.09mg (4.56%), Fiber: 1.06g (4.22%), Calcium: 37.25mg (3.73%), Magnesium: 14.94mg (3.73%), Vitamin B3: 0.69mg (3.44%), Zinc: 0.4mg (2.65%), Potassium: 87.49mg (2.5%), Vitamin A: 121.08IU (2.42%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.12µg (1.97%), Vitamin B6: 0.02mg (1.23%)