



Chocolate Cream Cupcakes

READY IN



40 min.

SERVINGS



100

CALORIES



38 kcal

DESSERT

Ingredients

- 20.5 ounce fudge brownie mix low-fat
- 8 ounce neufcha@gtel cheese
- 1 teaspoon egg substitute
- 2 tablespoons semisweet chocolate morsels melted
- 3 tablespoons sugar
- 0.7 cup water

Equipment

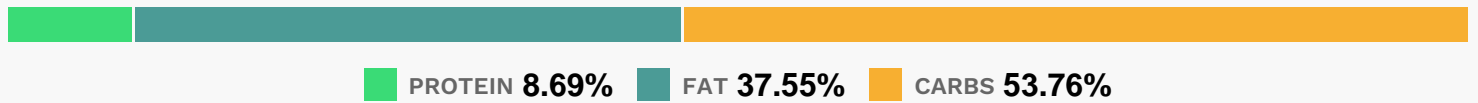
- frying pan

- oven
- wire rack
- hand mixer
- muffin liners

Directions

- Combine brownie mix and water; stir until blended. Spoon into 12 muffin cups lined with paper liners coated with cooking spray.
- Combine cheese and sugar, beating at medium speed of an electric mixer until light and fluffy.
- Add egg substitute, beating well. Stir in melted chocolate. Spoon 2 heaping teaspoons cheese mixture into center of each cupcake.
- Bake at 350 for 25 minutes or until centers are set.
- Remove from pan, and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:0.97, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.36826086983733%

Nutrients (% of daily need)

Calories: 38.02kcal (1.9%), Fat: 1.59g (2.45%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 5.1g (1.85%), Sugar: 3.36g (3.73%), Cholesterol: 2.29mg (0.76%), Sodium: 31.97mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Calcium: 16.29mg (1.63%), Phosphorus: 11.19mg (1.12%), Iron: 0.19mg (1.04%)