



Chocolate Cupcake

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



257 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 2 cups cake flour sifted
- 0.3 cup cocoa powder
- 1 pieces candy like candy bars assorted chopped
- 0.8 cup mayonnaise
- 0.1 teaspoon salt
- 1 cup caster sugar
- 1.5 teaspoons vanilla extract

- 1 cup warm water
- 12 servings whipped cream

Equipment

- bowl
- oven
- whisk
- blender
- toothpicks
- microwave
- muffin liners
- muffin tray

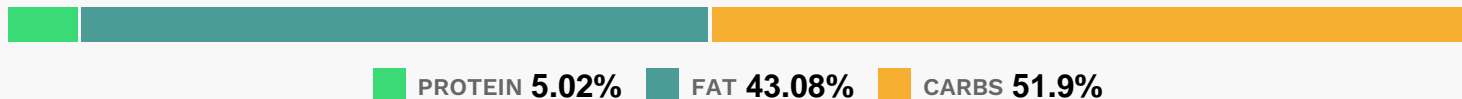
Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Fill a muffin tin with 12 cupcake liners and set aside.
- Combine cocoa powder and water and mix until smooth. Fold in mayonnaise. (Make sure cocoa mixture is not too hot to prevent breaking of mayonnaise).
- Add vanilla and whisk until smooth.
- In mixer, combine sugar, cake flour, baking soda and salt and mix slowly until well incorporated.
- Add wet cocoa mixture, mix on medium-high until well blended. Scrape down the sides and blend for 30 seconds.
- Fill the cupcake liners 3/4 way full of batter.
- Bake for 30 minutes or until toothpick comes out clean.
- Remove from oven and allow to cool on rack.
- Slice each cupcake in half, horizontally, and serve the halves with chocolate mousse, whipped cream, and assorted candy toppings. Kids build the sandwiches by spreading one half of a cupcake with mousse or whipped cream, sprinkling on candy toppings and placing other half

of cupcake on top.

- ounces bitter or semisweet chocolate
- tablespoons unsalted butter
- large egg yolks
- 1/2 cups heavy cream
- tablespoons superfine sugar
- teaspoon vanilla extract
- In a microwave safe bowl, combine the chopped chocolate and the butter.
- Heat in the microwave until melted, about 35 seconds depending on your microwave, and stir to melt completely.
- Whisk in the egg yolks and set aside to cool.
- Pour the cream into a chilled bowl of a mixer and beat on medium speed until it starts to thicken.
- Add the sugar and vanilla and whisk until the cream starts to form stiff peaks. Carefully fold the whipped cream into the cooled chocolate mixture.
- Serve immediately or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:21.88, Inflammation Score:-1, Nutrition Score:4.0504347280316%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 257.3kcal (12.86%), Fat: 12.56g (19.32%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 32.66g (11.87%), Sugar: 17.41g (19.34%), Cholesterol: 10.44mg (3.48%), Sodium: 298.12mg (12.96%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Caffeine: 5.49mg (1.83%), Protein: 3.29g (6.58%), Vitamin K: 23.06µg (21.96%), Selenium: 9.12µg (13.03%), Manganese: 0.26mg (12.98%), Copper: 0.14mg (6.82%), Fiber: 1.38g

(5.54%), Phosphorus: 46.05mg (4.61%), Magnesium: 18.19mg (4.55%), Vitamin E: 0.58mg (3.89%), Iron: 0.56mg (3.12%), Zinc: 0.39mg (2.58%), Folate: 8.52µg (2.13%), Potassium: 70.08mg (2%), Vitamin B2: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.48%), Calcium: 14.25mg (1.43%), Vitamin B5: 0.14mg (1.4%), Vitamin B3: 0.27mg (1.33%), Vitamin A: 50.62IU (1.01%)