



Chocolate Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup buttermilk
- ☐ 1 eggs
- ☐ 0.8 cup flour
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water

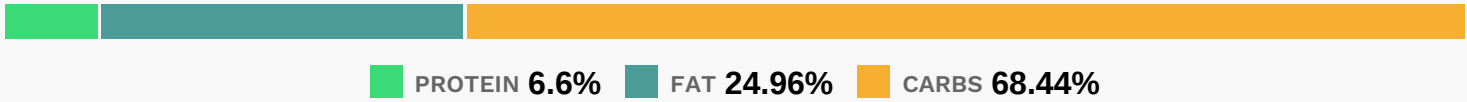
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350F. Line a cupcake tin with cupcake liners. In a large bowl, whisk together dry ingredients. In another bowl, whisk egg, water, buttermilk, vegetable oil and vanilla. Stir wet ingredients into dry ingredients; mix batter until smooth, about 3 minutes.
- ☐ Fill each cup about 2/3 of the way.
- ☐ Bake, rotating pan halfway through baking, until a toothpick inserted in center comes out clean, 20 to 25 minutes for regular cupcakes and about 10 minutes for mini cupcakes.
- ☐ Let cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:22.34, Glycemic Load:13.18, Inflammation Score:-1, Nutrition Score:2.9626087261283%

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: 112.47kcal (5.62%), Fat: 3.28g (5.05%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 20.24g (6.74%), Net Carbohydrates: 19.14g (6.96%), Sugar: 12.92g (14.35%), Cholesterol: 14.37mg (4.79%), Sodium: 147.86mg (6.43%), Alcohol: 0.11g (100%), Alcohol %: 0.34% (100%), Caffeine: 5.49mg (1.83%), Protein: 1.95g (3.9%), Manganese: 0.15mg (7.38%), Selenium: 4.44µg (6.34%), Copper: 0.11mg (5.42%), Vitamin B1: 0.07mg (4.52%), Vitamin B2: 0.08mg (4.43%), Fiber: 1.1g (4.38%), Iron: 0.79mg (4.37%), Folate: 17.12µg (4.28%), Phosphorus: 42.57mg (4.26%), Vitamin K: 4.28µg (4.08%), Magnesium: 14.9mg (3.72%), Vitamin B3: 0.52mg (2.62%), Calcium: 24.13mg (2.41%), Zinc: 0.29mg (1.95%), Potassium: 59.52mg (1.7%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.12mg (1.22%), Vitamin D: 0.16µg (1.07%), Vitamin B12: 0.06µg (1.05%)