



## Chocolate Cupcakes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

DESSERT

## Ingredients

- ☐ 1.3 tsp double-acting baking powder
- ☐ 1 cup chocolate non-dairy milk
- ☐ 0.5 cup sugar raw
- ☐ 0.5 tsp salt
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 tsp vanilla extract
- ☐ 0.5 cup vegan chocolate chips

☐ 1.3 cup pastry flour whole wheat

Equipment

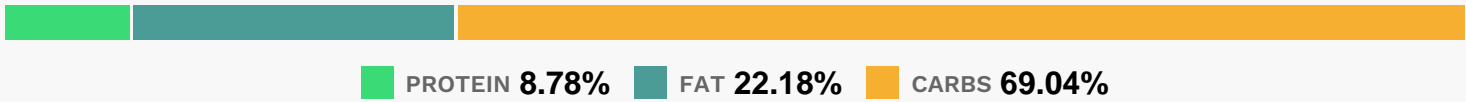
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 F. Lightly grease a muffin pan or spray paper cups with cooking spray. In a large bowl, combine applesauce, sugar, non-dairy milk and vanilla. In a medium bowl, whisk flour, cocoa, baking powder and salt.
- ☐ Add dry mixture to wet mixture in 3-4 batches until almost combined.
- ☐ Add chocolate chips and stir until just combined. Spoon batter into muffin cups 3/4 full and bake for 15 to 25 minutes, or until a toothpick inserted into the center comes out clean.
- ☐ Remove cupcakes from oven and transfer to a wire cooling rack. Once completely cool, add icing and garnish.

- Nutritional Information
- ☐ Amount Per Serving
  - ☐ Calories
  - ☐ Fat
  - ☐ 30g
  - ☐ Carbohydrate
  - ☐ gDietary Fiber2.20gSugars11.30gProtein2.40g

Nutrition Facts



## Properties

Glycemic Index:10.45, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:5.7213043583476%

## Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epicatechin: 3.79mg, Epicatechin: 3.79mg, Epicatechin: 3.79mg, Epicatechin: 3.79mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 129.81kcal (6.49%), Fat: 3.47g (5.34%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 21.67g (7.88%), Sugar: 12.89g (14.32%), Cholesterol: 0mg (0%), Sodium: 158.53mg (6.89%), Alcohol: 0.12g (100%), Alcohol %: 0.27% (100%), Caffeine: 4.12mg (1.37%), Protein: 3.09g (6.19%), Manganese: 0.58mg (29.17%), Selenium: 8.45µg (12.07%), Fiber: 2.64g (10.56%), Iron: 1.43mg (7.96%), Calcium: 73.28mg (7.33%), Copper: 0.15mg (7.29%), Phosphorus: 68.63mg (6.86%), Magnesium: 26.56mg (6.64%), Vitamin B3: 1.31mg (6.56%), Vitamin B1: 0.08mg (5.18%), Vitamin B6: 0.1mg (5.01%), Vitamin E: 0.59mg (3.96%), Vitamin B2: 0.07mg (3.88%), Vitamin B12: 0.21µg (3.54%), Zinc: 0.5mg (3.33%), Folate: 12.52µg (3.13%), Potassium: 107.15mg (3.06%), Vitamin C: 1.47mg (1.78%), Vitamin A: 79.89IU (1.6%), Vitamin D: 0.24µg (1.57%)