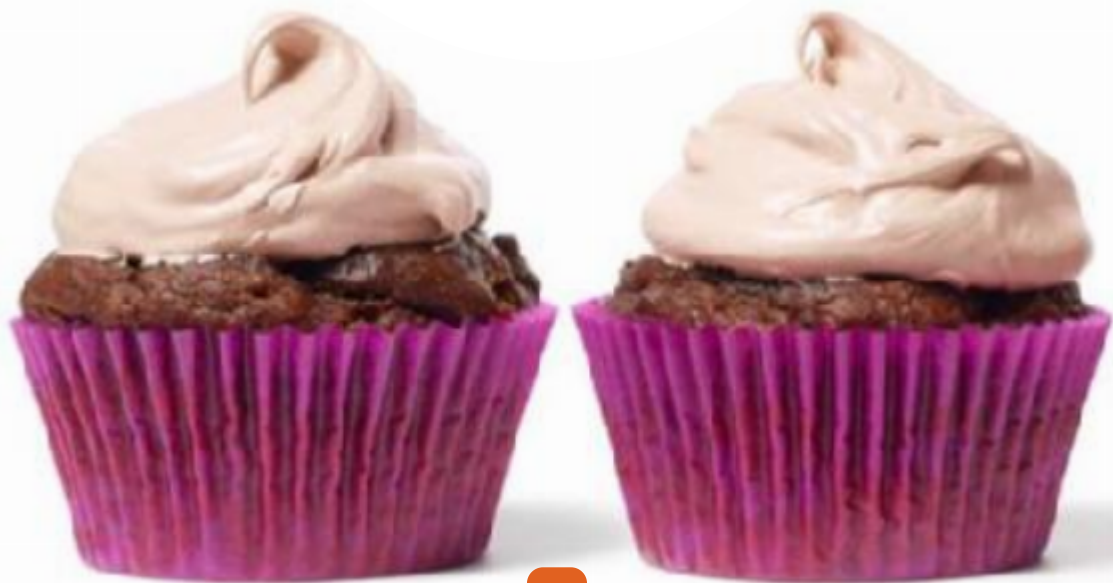




Chocolate Cupcakes With Meringue Frosting

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 teaspoon orange zest finely grated
- ☐ 0.5 cup greek yogurt plain low-fat
- ☐ 0.5 cup prune- cut to pieces loosely packed pitted
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup flour whole-wheat

Equipment

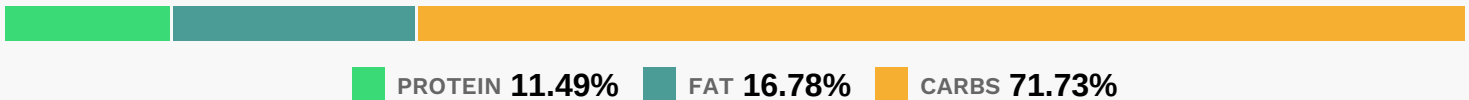
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ stand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Make the cupcakes: Preheat the oven to 350 degrees F. Line a 12-cup muffin pan or two 24-cup mini muffin pans with paper liners; lightly spray the liners with cooking spray. Soak the prunes in a bowl with 3/4 cup hot water until softened, about 10 minutes.

- ☐ Pour into a blender and puree until smooth.
- ☐ Whisk the all-purpose flour, whole-wheat flour, cocoa powder, baking powder, baking soda, salt and cinnamon in a large bowl. In another bowl, whisk the prune puree, brown sugar, eggs, yogurt, vegetable oil and vanilla. Fold the wet ingredients into the dry ingredients until just combined (it's fine if there are a few lumps).
- ☐ Divide the batter among the muffin cups, filling each three-quarters of the way.
- ☐ Bake until a toothpick comes out clean, 18 to 20 minutes for standard-size cupcakes, or 12 to 14 minutes for minis.
- ☐ Transfer to a rack and let cool in the pan, 10 minutes, then remove from the pan to cool completely.
- ☐ Whisk the egg whites, granulated sugar, cream of tartar and salt in a heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water) until the sugar dissolves, 1 to 2 minutes.
- ☐ Remove the bowl from the pan.
- ☐ Transfer the egg white mixture to a stand mixer fitted with the whisk attachment; beat on medium-high speed until stiff peaks form, 3 to 5 minutes. Sift in the cocoa powder and add the vanilla and orange zest; beat to combine.
- ☐ Spread the frosting on the cupcakes.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:10.91, Inflammation Score:-3, Nutrition Score:6.1852173387356%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epicatechin: 6.33mg, Epicatechin: 6.33mg, Epicatechin: 6.33mg, Epicatechin: 6.33mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 169.17kcal (8.46%), Fat: 3.33g (5.12%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 29.63g (10.78%), Sugar: 17.71g (19.68%), Cholesterol: 31.42mg (10.47%), Sodium: 190.56mg (8.29%),

Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Caffeine: 7.41mg (2.47%), Protein: 5.13g (10.25%), Manganese: 0.37mg (18.53%), Selenium: 11.25µg (16.08%), Vitamin B2: 0.18mg (10.44%), Fiber: 2.37g (9.49%), Copper: 0.19mg (9.29%), Phosphorus: 88.61mg (8.86%), Iron: 1.39mg (7.71%), Vitamin K: 7.87µg (7.49%), Magnesium: 29.74mg (7.43%), Vitamin B1: 0.11mg (7.35%), Folate: 26.79µg (6.7%), Calcium: 52.28mg (5.23%), Vitamin B3: 1.03mg (5.16%), Potassium: 180.42mg (5.15%), Zinc: 0.57mg (3.8%), Vitamin B6: 0.06mg (3.04%), Vitamin B5: 0.29mg (2.88%), Vitamin B12: 0.14µg (2.33%), Vitamin A: 102.55IU (2.05%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.17µg (1.11%)