



Chocolate Cupcakes with Peppermint Frosting

READY IN



48 min.

SERVINGS



36

CALORIES



211 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup vinegar (mixed whole with 2 tablespoons white vinegar)
- 4 Tablespoons cocoa powder ()
- 2 cups flour (all-purpose)
- 3 Tablespoons cup heavy whipping cream (use 3-5)
- 40 peppermint candies (whole crushed fine)
- 5 cups powdered sugar (sifted)
- 0.3 teaspoon salt
- 1 cup butter (salted softened)

- 2 cups sugar
- 1 teaspoon vanilla
- 1 cup water boiling
- 2 eggs whole

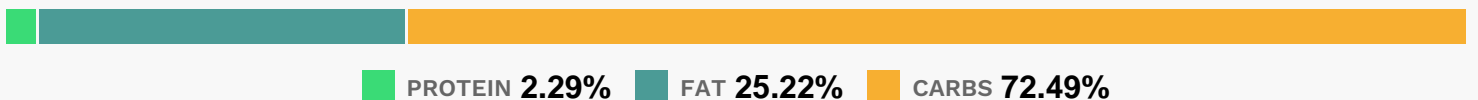
Equipment

- bowl
- oven
- muffin liners
- muffin tray

Directions

- Preheat oven to 350 degrees. Line 36 muffin tins with paper liners. To make the cake, melt 2 sticks butter and stir in cocoa.
- Pour in boiling water, stir to combine, allow to boil for 15 seconds, then remove from heat and set aside. In a separate bowl, stir together flour, sugar, and salt. Set aside. In a separate small bowl, mix together buttermilk, eggs, vanilla, and baking soda.
- Pour the chocolate mixture over the flour mixture and stir until halfway combined.
- Pour in the egg mixture and stir until the batter comes together. Fill muffin cups 2/3 full and bake for 18 minutes, or until set.
- Remove from the oven and allow to cool completely. To make the frosting, beat the butter to get it started, then add in the powdered sugar. Beat on low while adding the cream. When it comes together, add the crushed peppermints, reserving some for garnish. Beat the frosting for a good 30 seconds on high until it's light and fluffy, longer if needed. Frost the cupcakes however you want, then sprinkle on more crushed peppermints. Note that the frosting will develop a light "crust" on the outside if left out.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:15.27, Inflammation Score:-1, Nutrition Score:1.7560869576005%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 210.57kcal (10.53%), Fat: 5.98g (9.2%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 38.26g (13.91%), Sugar: 31.24g (34.71%), Cholesterol: 24.06mg (8.02%), Sodium: 92.01mg (4%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 1.22g (2.45%), Selenium: 3.47µg (4.96%), Vitamin A: 189.15IU (3.78%), Vitamin B1: 0.06mg (3.77%), Manganese: 0.07mg (3.64%), Folate: 14.27µg (3.57%), Vitamin B2: 0.06mg (3.33%), Iron: 0.46mg (2.56%), Vitamin B3: 0.43mg (2.14%), Phosphorus: 18.8mg (1.88%), Copper: 0.04mg (1.81%), Fiber: 0.39g (1.57%), Vitamin E: 0.19mg (1.25%), Magnesium: 4.92mg (1.23%)