



Chocolate Cupcakes with Peppermint Frosting

READY IN



45 min.

SERVINGS



18

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 6 tablespoons butter softened
- ☐ 2 large eggs
- ☐ 5.5 ounces flour all-purpose
- ☐ 4 ounces cream cheese light tub-style
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup peppermint candies hard crushed finely

- ☐ 0.1 teaspoon peppermint extract
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

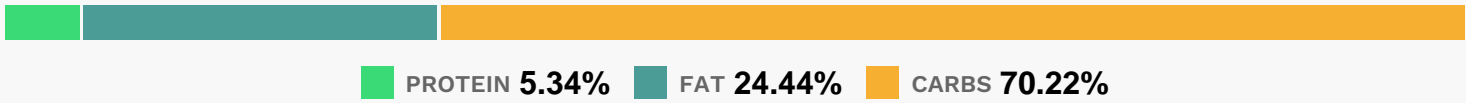
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cupcakes, place brown sugar and butter in a large bowl; beat with a mixer at medium speed 2 minutes or until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cocoa, baking powder, baking soda, and salt in a bowl, stirring well with a whisk.
- ☐ Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with the flour mixture. Stir in vanilla extract.
- ☐ Spoon batter into 18 muffin cups lined with paper liners.
- ☐ Bake at 350 for 12 minutes or until cupcakes spring back when touched lightly in the center. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

- ☐ To prepare frosting, combine powdered sugar, cream cheese, and peppermint extract in a bowl, stirring until smooth.
- ☐ Spread about 4 teaspoons frosting on each cupcake; sprinkle evenly with candies.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:6.92, Inflammation Score:-2, Nutrition Score:3.635652170881%

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: 205.61kcal (10.28%), Fat: 5.76g (8.86%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 36.12g (13.13%), Sugar: 27.83g (30.92%), Cholesterol: 34.37mg (11.46%), Sodium: 193.32mg (8.41%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.83g (5.67%), Manganese: 0.16mg (8.11%), Selenium: 5.64µg (8.06%), Phosphorus: 59.89mg (5.99%), Vitamin B2: 0.1mg (5.9%), Copper: 0.12mg (5.83%), Iron: 0.97mg (5.37%), Folate: 21.02µg (5.26%), Vitamin B1: 0.08mg (5.14%), Calcium: 49.05mg (4.9%), Fiber: 1.12g (4.47%), Magnesium: 17.02mg (4.25%), Vitamin A: 184.53IU (3.69%), Vitamin B3: 0.6mg (2.98%), Potassium: 96.94mg (2.77%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.22mg (2.22%), Vitamin B12: 0.13µg (2.17%), Vitamin B6: 0.03mg (1.32%), Vitamin E: 0.19mg (1.3%)