



Chocolate Cupcakes with Vanilla Yogurt Caramel Frosting

READY IN



40 min.

SERVINGS



12

CALORIES



215 kcal

DESSERT

Ingredients

- 0.8 cup flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 2 tablespoons cocoa powder unsweetened
- 0.5 cup semi chocolate chips
- 1 tablespoon vegetable oil
- 14 oz condensed milk fat-free sweetened canned (not evaporated)
- 0.3 cup eggs fat-free

- 2 tablespoons mrs richardson's butterscotch caramel sauce fat-free
- 5.3 oz vanilla yogurt

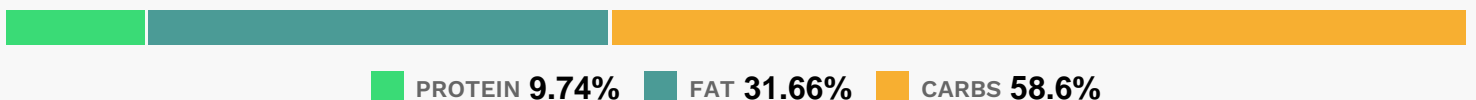
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- microwave
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In small bowl, mix flour, baking powder, salt and cocoa; set aside. In medium microwavable bowl, microwave chocolate chips and oil uncovered on High 1 minute, stirring every 30 seconds, until melted and smooth. Stir in condensed milk and egg product.
- Add half of flour mixture at a time, stirring until incorporated. Divide batter evenly among muffin cups.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.
- Remove from pan to cooling rack; cool 10 minutes.
- Meanwhile, in small microwavable bowl, microwave caramel topping uncovered on High 30 seconds.
- Add yogurt, stirring well. Top each cupcake with 1 tablespoon mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:15.37, Inflammation Score:-2, Nutrition Score:6.1447826572087%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 215.21kcal (10.76%), Fat: 7.71g (11.87%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 31g (11.27%), Sugar: 24.43g (27.14%), Cholesterol: 31.15mg (10.38%), Sodium: 202.13mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.37mg (2.79%), Protein: 5.34g (10.68%), Phosphorus: 153.26mg (15.33%), Selenium: 10.5µg (15.01%), Calcium: 146.35mg (14.63%), Vitamin B2: 0.23mg (13.54%), Manganese: 0.19mg (9.52%), Magnesium: 30.55mg (7.64%), Copper: 0.15mg (7.34%), Vitamin B1: 0.1mg (6.76%), Iron: 1.15mg (6.39%), Potassium: 222.95mg (6.37%), Folate: 22.03µg (5.51%), Zinc: 0.79mg (5.27%), Vitamin B12: 0.28µg (4.61%), Vitamin B5: 0.46mg (4.59%), Fiber: 1.12g (4.48%), Vitamin B3: 0.63mg (3.14%), Vitamin K: 2.89µg (2.76%), Vitamin A: 127.78IU (2.56%), Vitamin B6: 0.04mg (1.9%), Vitamin E: 0.25mg (1.68%), Vitamin C: 0.98mg (1.18%), Vitamin D: 0.17µg (1.12%)