



Chocolate Dirt Cupcakes

READY IN



105 min.

SERVINGS



36

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 10 tablespoons butter
- ☐ 1 cup confectioners' sugar
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2.3 cups granulated sugar
- ☐ 36 pumpkin candies and gummy worms

- ☐ 1 cup heavy whipping cream
- ☐ 0.5 teaspoon salt fine
- ☐ 30 crème-filled chocolate sandwich cookies
- ☐ 8 ounces cup heavy whipping cream sour
- ☐ 1 cup strong coffee decoction brewed
- ☐ 5 ounce chocolate unsweetened
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup vegetable oil

Equipment

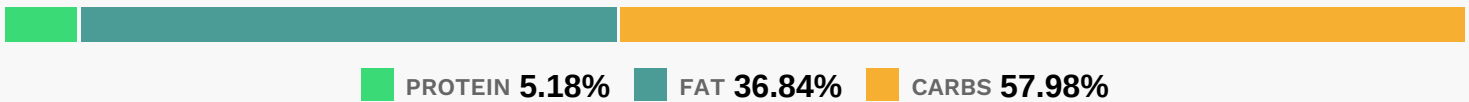
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ ziploc bags
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ For the cupcakes: Preheat oven to 350 F. Line three 12-cup standard muffin tins with cupcake liners.
- ☐ In a large bowl, combine the granulated sugar, flour, cocoa powder, baking soda, baking powder, salt, coffee, oil, sour cream, vanilla and eggs. Beat at medium speed with an electric mixer until smooth.
- ☐ Pour into the cupcake liners, filling each about two-thirds full.
- ☐ Bake until a toothpick inserted in the center comes out clean, 16 to 18 minutes.

- ☐ Let cool in the tins for 10 minutes.
- ☐ Remove from the tins and let cool completely on wire racks.
- ☐ For the frosting: In a medium saucepan, combine the cream and granulated sugar. Bring to a boil over medium-high heat. Reduce the heat and simmer for 6 minutes, stirring frequently.
- ☐ Remove from the heat and add the chocolate and butter, stirring until melted and smooth.
- ☐ Let cool for 10 minutes.
- ☐ Whisk in the confectioners' sugar.
- ☐ Let the mixture cool until it reaches a spreadable consistency. Top the cooled cupcakes with the frosting. Makes 2 1/2 cups.
- ☐ Place the cookies into a resealable plastic bag. Crush the cookies with your hands to make a "dirt" consistency.
- ☐ Sprinkle the frosting with cookie crumbs, top with a gummy worm and enjoy.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:18.17, Inflammation Score:-3, Nutrition Score:4.7843478448365%

Flavonoids

Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epicatechin: 9.11mg, Epicatechin: 9.11mg, Epicatechin: 9.11mg, Epicatechin: 9.11mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 266.93kcal (13.35%), Fat: 11.51g (17.71%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 39.09g (14.22%), Sugar: 28.13g (31.25%), Cholesterol: 35.15mg (11.72%), Sodium: 153.47mg (6.67%), Alcohol: 0.12g (100%), Alcohol %: 0.19% (100%), Caffeine: 10.4mg (3.47%), Protein: 3.64g (7.29%), Manganese: 0.32mg (16.01%), Copper: 0.24mg (11.76%), Iron: 1.56mg (8.67%), Selenium: 5.09µg (7.28%), Magnesium: 27.92mg (6.98%), Fiber: 1.67g (6.7%), Vitamin B2: 0.11mg (6.39%), Phosphorus: 62.24mg (6.22%), Vitamin B1: 0.08mg (5.15%), Vitamin A: 256.71IU (5.13%), Folate: 19.58µg (4.9%), Zinc: 0.7mg (4.68%), Vitamin B3: 0.67mg (3.37%), Vitamin K: 3.39µg (3.23%), Potassium: 102.89mg (2.94%), Calcium: 26.52mg (2.65%), Vitamin E: 0.38mg (2.51%), Vitamin B5: 0.18mg (1.84%), Vitamin D: 0.19µg (1.26%), Vitamin B12: 0.07µg (1.2%), Vitamin B6: 0.02mg (1.05%)