



Chocolate Egg Cream Cupcakes

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



534 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup chocolate syrup
- ☐ 2 cups confectioners' sugar
- ☐ 1 large eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons liquid malt extract

- ☐ 1 ounce chocolate chopped
- ☐ 6 servings pretzel rods for topping
- ☐ 0.3 teaspoon salt
- ☐ 2 pinches salt
- ☐ 6 tablespoons butter unsalted cut into pieces, at room temperature
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup milk whole
- ☐ 2 tablespoons milk whole

Equipment

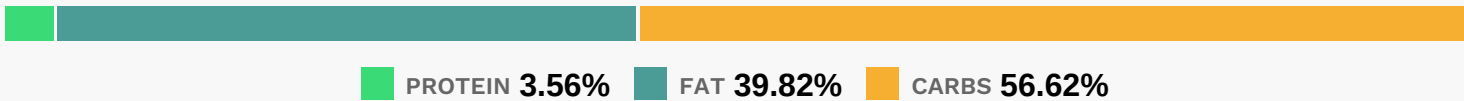
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ microwave
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry bag

Directions

- ☐ Make the cupcakes: Preheat the oven to 350 degrees F. Line a 6-cup muffin pan with paper liners.
- ☐ Whisk the cocoa powder with 1/3 cup hot water in a bowl.

- ☐ Whisk in the chocolate syrup until smooth; let cool slightly. In a large bowl, whisk the flour, granulated sugar, baking soda, baking powder and salt.
- ☐ Whisk the vegetable oil, egg, milk and vanilla into the cocoa mixture until smooth, then fold into the flour mixture until just combined. Divide among the muffin cups.
- ☐ Bake until a toothpick comes out clean, 18 to 20 minutes.
- ☐ Let cool 10 minutes in the pan, then remove to a rack to cool completely.
- ☐ Put the chocolate in a microwave-safe bowl; microwave on 70 percent power in 30-second intervals, stirring, until melted.
- ☐ Let cool slightly. Beat the butter, vanilla and confectioners' sugar with a mixer on medium-high speed until fluffy.
- ☐ Add 3 tablespoons milk; beat until smooth, 3 minutes.
- ☐ Remove half of the frosting to a separate bowl; add the cocoa powder, melted chocolate and a pinch of salt and beat until fluffy, 2 minutes.
- ☐ Mix the remaining 1 tablespoon milk and the malted milk powder in a cup, then add to the plain frosting; add a pinch of salt and beat until fluffy, about 2 minutes. If the frosting is too soft, cover and chill until it is firm enough to pipe.
- ☐ Frost the cupcakes (see below) and top with pretzel rods.
- ☐ Put the 2 frostings in separate pastry bags (or zip-top bags). Snip off the tips. Position side by side in another pastry bag fitted with a large star tip.
- ☐ Pipe the frosting onto the cupcakes in a spiral motion to create a swirl.
- ☐ Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:73.12, Glycemic Load:17.48, Inflammation Score:-5, Nutrition Score:8.4630434665343%

Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Epicatechin: 10.31mg, Epicatechin: 10.31mg, Epicatechin: 10.31mg, Epicatechin: 10.31mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 534.16kcal (26.71%), Fat: 24.57g (37.8%), Saturated Fat: 10.67g (66.69%), Carbohydrates: 78.59g (26.2%), Net Carbohydrates: 75.65g (27.51%), Sugar: 60.68g (67.43%), Cholesterol: 63.36mg (21.12%), Sodium: 340.39mg (14.8%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 15.94mg (5.31%), Protein: 4.94g (9.88%), Manganese: 0.39mg (19.39%), Vitamin K: 18.41µg (17.54%), Copper: 0.33mg (16.39%), Selenium: 9.41µg (13.44%), Phosphorus: 123.3mg (12.33%), Magnesium: 47.9mg (11.98%), Fiber: 2.94g (11.75%), Vitamin B2: 0.19mg (11.34%), Iron: 2.03mg (11.26%), Vitamin B1: 0.14mg (9.42%), Folate: 34.48µg (8.62%), Vitamin A: 423.54IU (8.47%), Vitamin E: 1.2mg (8.02%), Vitamin B3: 1.18mg (5.92%), Zinc: 0.83mg (5.56%), Potassium: 191.7mg (5.48%), Calcium: 54.58mg (5.46%), Vitamin D: 0.54µg (3.62%), Vitamin B12: 0.19µg (3.24%), Vitamin B5: 0.29mg (2.94%), Vitamin B6: 0.05mg (2.36%)