

Chocolate Espresso Cupcakes

READY IN

ready

70 min.

SERVINGS

servings

24

CALORIES

calories

398 kcal

DESSERT

Ingredients

- ☐ 4 ounce bittersweet chocolate baking bar chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup butter (2 sticks)
- ☐ 1 cup butter softened (2 sticks)
- ☐ 24 general foods international suisse mocha cafe for garnish, optional
- ☐ 5 cups confectioners' sugar
- ☐ 4 large eggs
- ☐ 1.8 cups flour all-purpose

- ☐ 5 tablespoons heavy whipping cream
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 teaspoon salt
- ☐ 1 cup heavy whipping cream sour
- ☐ 1.5 cups sugar
- ☐ 0.8 cup cocoa powder unsweetened

Equipment

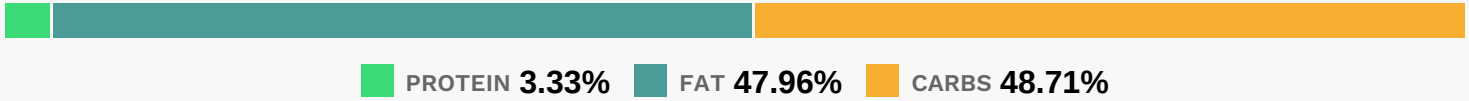
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees F. Line 24 muffin cups with paper liners.
- ☐ In a medium saucepan, combine the butter, cocoa powder, chocolate and espresso powder. Cook over low heat, stirring constantly, until the chocolate melts and the mixture is smooth.
- ☐ Let cool for 20 minutes.
- ☐ In a large bowl, beat the sugar and eggs at medium-high speed with a mixer until fluffy.
- ☐ In a medium bowl, combine the flour, salt, baking powder and baking soda. Gradually add to the sugar mixture, beating until combined.
- ☐ Add the chocolate mixture, stirring until smooth. Stir in the sour cream.
- ☐ Spoon the batter into the prepared muffin cups.
- ☐ Bake until a wooden pick inserted in the center comes out clean, 12 to 14 minutes.
- ☐ Let cool in the pans for 10 minutes.
- ☐ Remove from the pans and cool completely on wire racks.
- ☐ Pipe or spread Creamy Espresso Frosting over each cupcake. Top with a chocolate covered espresso beans if desired.

- ☐ In a large bowl, combine the cream and espresso powder, stirring until the espresso powder dissolves.
- ☐ Add the butter and beat at medium speed with a mixer until creamy. Gradually add confectioners' sugar, beating until smooth.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:13.81, Inflammation Score:-5, Nutrition Score:5.2873913257018%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 397.67kcal (19.88%), Fat: 21.88g (33.66%), Saturated Fat: 13.17g (82.3%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 48.27g (17.55%), Sugar: 39.83g (44.25%), Cholesterol: 81.33mg (27.11%), Sodium: 288.29mg (12.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.45mg (8.48%), Protein: 3.41g (6.83%), Vitamin A: 625.73IU (12.51%), Manganese: 0.24mg (12.14%), Selenium: 7.35µg (10.49%), Copper: 0.19mg (9.66%), Phosphorus: 77.92mg (7.79%), Vitamin B2: 0.13mg (7.73%), Iron: 1.34mg (7.44%), Magnesium: 28.21mg (7.05%), Fiber: 1.73g (6.93%), Folate: 22.77µg (5.69%), Vitamin B1: 0.08mg (5.48%), Vitamin E: 0.63mg (4.21%), Calcium: 40.53mg (4.05%), Zinc: 0.56mg (3.73%), Vitamin B3: 0.69mg (3.47%), Potassium: 117.26mg (3.35%), Vitamin B5: 0.25mg (2.51%), Vitamin B12: 0.14µg (2.33%), Vitamin K: 2.12µg (2.02%), Vitamin B6: 0.03mg (1.46%), Vitamin D: 0.22µg (1.44%)