



Chocolate Gingerbread Cupcakes

READY IN



75 min.

SERVINGS



24

CALORIES



258 kcal

DESSERT

Ingredients

- 1 box chocolate cake mix
- 0.3 cup blackstrap molasses
- 2 teaspoons ground ginger
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 0.8 cup butter softened
- 12 oz cream cheese softened (from two 8-oz packages)
- 3 cups powdered sugar
- 1 teaspoon vanilla

- 0.3 cup candied ginger chopped
- 1 oz baker's chocolate shaved

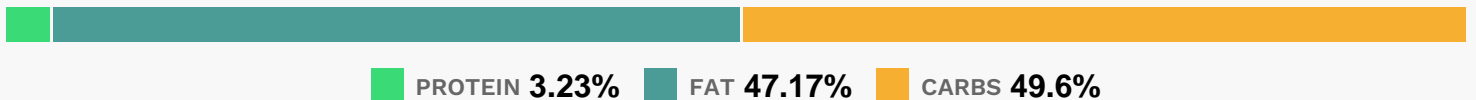
Equipment

- bowl
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 24 regular-size muffin cups. Make cake mix as directed on box, using water, oil and eggs. Stir in molasses, ground ginger, cinnamon and cloves. Divide batter evenly among muffin cups.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 20 minutes.
- In medium bowl, beat butter and cream cheese with electric mixer on medium speed until blended. On low speed, gradually beat in powdered sugar.
- Add vanilla; beat on medium speed 2 minutes or until well blended. Frost cupcakes. Top with crystallized ginger and chocolate shavings. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:3.8282608471649%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg

Nutrients (% of daily need)

Calories: 258.11kcal (12.91%), Fat: 14.07g (21.65%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 32.56g (11.84%), Sugar: 25.87g (28.74%), Cholesterol: 29.57mg (9.86%), Sodium: 240.91mg (10.47%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.17g (4.34%), Manganese: 0.25mg (12.4%), Vitamin A: 368.67IU (7.37%), Phosphorus: 71.7mg (7.17%), Iron: 1.26mg (6.98%), Copper: 0.13mg (6.62%), Selenium: 4.43µg (6.33%), Magnesium: 22.8mg (5.7%), Calcium: 52.72mg (5.27%), Potassium: 144.58mg (4.13%), Vitamin B2: 0.07mg (4.03%), Vitamin E: 0.5mg (3.32%), Folate: 13.02µg (3.25%), Fiber: 0.73g (2.93%), Vitamin B1: 0.04mg (2.51%), Zinc: 0.36mg (2.37%), Vitamin B6: 0.04mg (2.02%), Vitamin B3: 0.37mg (1.86%), Vitamin K: 1.69µg (1.61%), Vitamin B5: 0.14mg (1.45%)