



Chocolate Hazelnut Cupcakes

 Vegetarian

READY IN



100 min.

SERVINGS



18

CALORIES



398 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 2 cups chocolate-hazelnut spread such as nutella®
- 2 eggs
- 1 cup flour all-purpose
- 0.8 cup ground hazelnuts toasted
- 1 cup hazelnuts toasted chopped
- 1 cup milk

- 1 teaspoon salt
- 0.8 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil
- 0.3 cup water
- 2 cups sugar white

Equipment

- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 18 muffin cups or line with paper baking cups. Stir together the sugar, flour, ground hazelnuts, cocoa powder, baking powder, baking soda, and salt; set aside.
- Beat together the eggs, vegetable oil, milk, and vanilla extract with an electric mixer until smooth. Stir in the flour mixture until moistened, then stir in the water until batter is smooth. Batter may be a bit thin.
- Pour into the prepared muffin cups.
- Bake in preheated oven until a toothpick inserted into the center comes out clean, about 15 minutes. Cool in the pan for 10 minutes, then remove from the pan, and allow to cool completely on a wire rack. Once cool, frost with the chocolate-hazelnut spread, and sprinkle with chopped hazelnuts to garnish.

Nutrition Facts



PROTEIN 5.78% **FAT 42.64%** **CARBS 51.58%**

Properties

Glycemic Index:17.75, Glycemic Load:25.32, Inflammation Score:-3, Nutrition Score:9.8078260784564%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 397.5kcal (19.88%), Fat: 19.5g (30%), Saturated Fat: 10.82g (67.62%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 48.61g (17.68%), Sugar: 41.44g (46.04%), Cholesterol: 19.81mg (6.6%), Sodium: 282.86mg (12.3%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Caffeine: 10.57mg (3.53%), Protein: 5.94g (11.89%), Manganese: 0.89mg (44.5%), Copper: 0.42mg (21.16%), Vitamin E: 2.82mg (18.79%), Fiber: 4.46g (17.82%), Iron: 2.96mg (16.47%), Magnesium: 54.01mg (13.5%), Phosphorus: 134.5mg (13.45%), Calcium: 95.24mg (9.52%), Vitamin B1: 0.14mg (9.21%), Vitamin B2: 0.15mg (8.99%), Selenium: 6.12µg (8.74%), Potassium: 271.17mg (7.75%), Folate: 28.35µg (7.09%), Zinc: 0.93mg (6.21%), Vitamin B6: 0.09mg (4.44%), Vitamin B3: 0.77mg (3.85%), Vitamin K: 3.97µg (3.78%), Vitamin B5: 0.35mg (3.45%), Vitamin B12: 0.21µg (3.45%), Vitamin D: 0.25µg (1.65%), Vitamin A: 50.69IU (1.01%)