



## Chocolate High Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



442 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 1 cup butter softened
- 24 servings chocolate ganache
- 1 teaspoon chocolate extract
- 1 cup dutch process cocoa
- 4 large eggs
- 24 servings malted milk balls

- 1 cups paper baking
- 16 oz powdered sugar
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 8 ounces bittersweet chocolate chopped
- 2 cups caster sugar
- 0.5 cup cocoa unsweetened
- 2 cups water boiling
- 2.8 cups soft-wheat flour all-purpose
- 0.3 cup whipping cream
- 1 cup whipping cream

## Equipment

- bowl
- sauce pan
- oven
- whisk
- blender
- hand mixer
- wooden spoon
- kitchen scissors

## Directions

- Preheat oven to 350 degrees.
- Combine cocoa and 2 cups boiling water in a large heatproof bowl, stirring until blended and smooth; cool completely. Beat butter with a mixer until creamy; gradually add sugar, beating until blended.
- Add eggs, 1 at a time, beating until blended after each addition.

- Combine flour and next 3 ingredients; add to butter mixture alternately with cocoa mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in chocolate extract.
- Place paper baking cups in 2 (12-cup) muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- Bake for 12 to 15 minutes. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely.
- To prepare ganache, cook cream in a heavy nonaluminum saucepan over medium heat, stirring often, just until it begins to steam (do not boil); remove from heat.
- Place chocolate in a glass bowl. Slowly add hot cream to chocolate, beating with a whisk until chocolate melts and mixture is well blended. The mixture will thicken as it cools. Makes about 2 cups.
- Fill each cupcake with Chocolate Ganache. To fill cupcakes, insert the end of a wooden spoon or dowel into the center of the cupcake to make a hole. Fill a zip-top plastic freezer bag with filling. Use scissors or kitchen shears to snip about 1/4 inch from one corner of the bag; insert bag into the hole in the cupcake. Squeeze gently until filling comes to the top of each cupcake.
- To prepare Chocolate Frosting, beat first 4 ingredients at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Beat at high speed 2 minutes or until creamy. Makes 3 cups.
- Frost each cupcake with Chocolate Frosting using metal tip no. 2D.
- Drizzle each with warm Chocolate Ganache, and top with 1 malted milk ball.

## Nutrition Facts

  

 PROTEIN **4.43%**  FAT **44.49%**  CARBS **51.08%**

## Properties

Glycemic Index:15.82, Glycemic Load:19.82, Inflammation Score:-6, Nutrition Score:8.3695652841226%

## Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 441.95kcal (22.1%), Fat: 22.73g (34.98%), Saturated Fat: 13.53g (84.57%), Carbohydrates: 58.72g (19.57%), Net Carbohydrates: 55.42g (20.15%), Sugar: 40.24g (44.71%), Cholesterol: 77.11mg (25.7%), Sodium: 298.31mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.15mg (7.05%), Protein: 5.1g (10.19%), Manganese: 0.46mg (22.76%), Copper: 0.37mg (18.44%), Selenium: 10.13µg (14.47%), Phosphorus: 141.44mg (14.14%), Iron: 2.38mg (13.2%), Fiber: 3.29g (13.17%), Magnesium: 51.44mg (12.86%), Vitamin A: 598.84IU (11.98%), Vitamin B2: 0.19mg (11.01%), Vitamin B1: 0.16mg (10.35%), Folate: 39.08µg (9.77%), Vitamin B3: 1.3mg (6.48%), Zinc: 0.92mg (6.13%), Potassium: 189.88mg (5.43%), Calcium: 51.65mg (5.17%), Vitamin E: 0.62mg (4.11%), Vitamin B5: 0.33mg (3.27%), Vitamin B12: 0.16µg (2.6%), Vitamin K: 2.69µg (2.56%), Vitamin D: 0.38µg (2.52%), Vitamin B6: 0.04mg (1.97%)