



## Chocolate Marshmallow Cupcake

READY IN



35 min.

SERVINGS



12

CALORIES



427 kcal

DESSERT

### Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 3 ounces bittersweet chocolate chopped
- 1.5 cups confectioners' sugar
- 0.3 teaspoon plus light
- 1 eggs
- 0.5 tablespoon espresso grounds hot
- 1 cup flour
- 16 ounces marshmallow creme (recommended: Fluff)

- 0.5 cup milk
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 cup sugar
- 0.3 cup cocoa powder unsweetened (recommended: Hershey's)
- 0.3 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 0.3 cup vegetable shortening
- 0.5 cup water hot

## Equipment

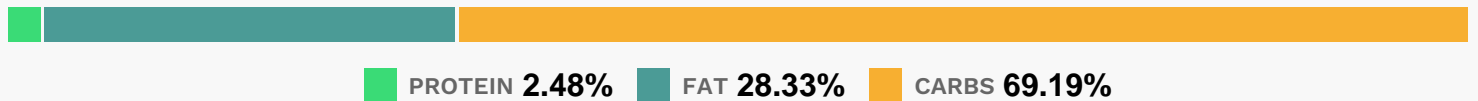
- bowl
- oven
- whisk
- mixing bowl
- microwave
- spatula
- muffin liners
- muffin tray

## Directions

- Preheat the oven to 325 degrees F. Line a 12-cup cupcake or muffin pan with paper cupcake liners.
- Sift together the sugar, flour, cocoa, baking powder, baking soda, and salt in a large mixing bowl.
- Combine and whisk the egg, milk, oil, and vanilla in a separate bowl.
- Using a spatula, combine the dry and wet ingredients, alternating between the two, starting with 1/3 of the dry ingredients and ending with 1/3 of the dry ingredients. Stir until smooth, then add the very hot water and stir until incorporated.

- Transfer the batter to a pitcher (it is easier to pour the batter than it is to scoop, as it is very thin).
- Pour the batter into the cupcake pan, fill each cup 3/4-full and bake for 15 minutes.
- Let the cupcakes cool for 5 minutes before filling. Load the frosting into a piping bag fitted with a round pastry tip. Insert the tip into the cupcakes and fill with a little frosting, then using the same tip, frost the tops of the cupcakes. Chill the cupcakes in the refrigerator for 15 minutes to set the frosting.
- Drizzle the frosted cupcakes with tepid ganache.
- In a large mixing bowl, combine the marshmallow cream, sugar, shortening, salt, and vanilla extract, and stir until blended.
- Combine the chocolate, butter, hot espresso, and corn syrup in a microwave-safe bowl and heat, 20 seconds at a time until the chocolate is melted, stir until smooth.
- Drizzle the chilled, marshmallow frosted cupcakes with tepid ganache.

## Nutrition Facts



## Properties

Glycemic Index:24.51, Glycemic Load:17.66, Inflammation Score:-2, Nutrition Score:5.0413043732228%

## Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 427.19kcal (21.36%), Fat: 14.11g (21.71%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 77.54g (25.85%), Net Carbohydrates: 75.8g (27.56%), Sugar: 57.94g (64.38%), Cholesterol: 15.29mg (5.1%), Sodium: 397.45mg (17.28%), Alcohol: 0.15g (100%), Alcohol %: 0.15% (100%), Caffeine: 11.94mg (3.98%), Protein: 2.77g (5.55%), Manganese: 0.26mg (13.06%), Vitamin K: 12.02µg (11.45%), Copper: 0.2mg (10.06%), Selenium: 5.98µg (8.54%), Iron: 1.38mg (7.67%), Magnesium: 28.71mg (7.18%), Phosphorus: 70.26mg (7.03%), Fiber: 1.73g (6.93%), Vitamin B1: 0.09mg (6.29%), Vitamin B2: 0.1mg (5.78%), Vitamin E: 0.81mg (5.43%), Folate: 21.55µg (5.39%), Calcium: 39.19mg (3.92%), Vitamin B3: 0.75mg (3.75%), Zinc: 0.52mg (3.46%), Potassium: 109.55mg (3.13%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.1µg (1.67%), Vitamin D: 0.19µg (1.23%), Vitamin B6: 0.02mg (1.12%)