

Chocolate Mayonnaise Cupcakes







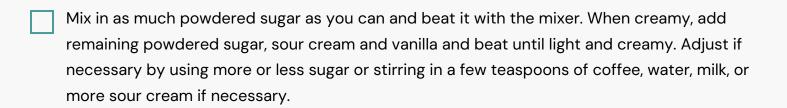
DESSERT

Ingredients

1.3 cups all purpose flour (6.1 oz)
O.1 teaspoon double-acting baking powde
0.4 teaspoon baking soda
1 ounce bittersweet chocolate chopped
8 tablespoons butter softened
0.5 cup brown sugar dark packed ()
1 large eggs
0.5 cup granulated sugar

0.7 cups regular mayonnaise (mine was room temp)

	3 cups powdered sugar sifted	
	0.3 cup cup heavy whipping cream sour room temperature	
	0.3 cup cocoa powder unsweetened (I used natural)	
	0.7 cup cocoa powder unsweetened (used natural)	
	1 teaspoon vanilla	
	0.5 teaspoon vanilla extract	
	0.8 cup water boiling	
Equipment		
	bowl	
	oven	
	mixing bowl	
	blender	
	hand mixer	
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Directions		
	Preheat oven to 350°F. Line 18 cupcake tins with paper liners.	
	Combine chocolate and cocoa powder in medium metal bowl.	
	Add the boiling water and stir until melted.	
	Mix flour, baking soda, and baking powder into another medium bowl. Using electric mixer, beat both sugars and mayonnaise in large bowl until well blended, 2 to 3 minutes. Beat in egg and vanilla. Put down electric mixer and use a spoon for this next step.	
	Add flour mixture in 4 additions alternately with chocolate mixture in 3 additions, mixing just until blended and being very careful not to overbeat. Divide batter evenly between cups, filling about 2/3 full.	
	Bake cakes until tester inserted into center comes out clean, about 20 minutes. Cool cakes in pans on racks 20 minutes.	
	Remove from tin and frost when completely cool. To make the frosting, mix the butter and cocoa powder together in a large mixing bowl.	



Nutrition Facts

PROTEIN 3.35% FAT 40.9% CARBS 55.75%

Properties

Glycemic Index:18.73, Glycemic Load:8.7, Inflammation Score:-3, Nutrition Score:4.9326086803947%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 288.43kcal (14.42%), Fat: 13.7g (21.08%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 39.89g (14.51%), Sugar: 31.97g (35.52%), Cholesterol: 29.8mg (9.93%), Sodium: 127.72mg (5.55%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.34mg (4.11%), Protein: 2.52g (5.05%), Vitamin K: 14.29µg (13.61%), Manganese: 0.27mg (13.55%), Copper: 0.22mg (11.2%), Fiber: 2.13g (8.51%), Magnesium: 30.19mg (7.55%), Selenium: 5.25µg (7.5%), Iron: 1.3mg (7.21%), Phosphorus: 61.38mg (6.14%), Vitamin B1: 0.08mg (5.03%), Vitamin B2: 0.08mg (4.93%), Folate: 19.64µg (4.91%), Vitamin A: 203.21lU (4.06%), Zinc: 0.5mg (3.34%), Vitamin B3: 0.65mg (3.23%), Potassium: 112.29mg (3.21%), Vitamin E: 0.48mg (3.21%), Calcium: 23.7mg (2.37%), Vitamin B5: 0.14mg (1.41%)