



## Chocolate Porter Cupcakes, Porter Ganache, Caramel Corn Crunch, Toasted Meringue

READY IN



70 min.

SERVINGS



12

CALORIES



484 kcal

### Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup porter beer
- 1 cup porter beer
- 0.8 cup cake flour
- 1 cup caramel corn such as cracker jack, plus more for garnish
- 1 cup chocolate coins white
- 0.3 cup cocoa
- 0.5 teaspoon coffee extract
- 0.5 cup creamy peanut butter

- 4 egg whites
- 2 eggs
- 1 cup brown sugar light
- 0.5 cup milk chocolate coins
- 0.1 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 1 cup sugar
- 1 teaspoon vanilla extract
- 0.8 cup vegetable oil

## Equipment

- food processor
- bowl
- sauce pan
- oven
- whisk
- blender
- stand mixer
- microwave
- ice cream scoop
- muffin liners
- mini muffin tray

## Directions

- For the cupcakes: Preheat the oven to 350 degrees F. Line a mini cupcake pan with 12 cupcake liners.
- Sift the flour, baking soda and salt into a medium bowl. Set the bowl aside.
- In the bowl of an electric stand mixer with a paddle attachment, cream the sugar and oil together, about 5 minutes. Scrape down the sides of the bowl, and then add the vanilla and

coffee extracts and 1 egg at a time, scraping down the sides of the bowl after each addition.

- Whisk your porter beer and cocoa together in a separate bowl and set aside.
- Turn the mixer to low and add your sour cream. Continue with the mixer on the lowest speed and add the flour mixture and cocoa mixture, alternating between the two, beginning and ending with the flour.
- Fill the prepared liners half full with the batter and bake for 30 minutes. Cool.
- For the ganache: In a microwave-safe bowl, heat the porter beer to 130 degrees F.
- Pour the beer over the white chocolate in a clean medium bowl.
- Whisk until incorporated.
- Transfer the ganache into a sauce bottle for use. Hold at room temperature until the cupcakes are cooled.
- For the caramel corn crunch: In a microwave-safe bowl, heat your peanut butter and milk chocolate for 30 second increments until melted. Stir with a spoon between heating. Crush the caramel corn in a food processor until fine.
- Pour the chocolate mixture over the caramel corn. Stir with a spoon until incorporated. Chill in the refrigerator until set. Scoop with a number 70 ice cream scoop on to a plate lined with waxed paper. Reserve at room temperature until assembly.
- Combine the sugar and egg whites in a saucepan.
- Whisking constantly over low heat, bring the mixture to 110 degrees F.
- Pour the egg mixture into a standing mixer fitted with a whip attachment. Whip until it reaches room temperature; the mixture should be light, fluffy and shiny.
- Add the vanilla extract and salt. This recipe should be done just prior to assembly.
- To assemble: Push the caramel corn filling into the middle of each porter cupcake. Fill in the hole with the porter ganache. Chill until set.
- Fill a piping bag fitted with a star tip half full with the meringue. Pipe on top of the cupcake. Toast the meringue with a kitchen torch.
- Garnish with caramel corn.

## Nutrition Facts



**PROTEIN 6.28%** **FAT 35.83%** **CARBS 57.89%**

## Properties

Glycemic Index:28.72, Glycemic Load:22.24, Inflammation Score:-4, Nutrition Score:7.7278260530337%

## Flavonoids

Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 483.93kcal (24.2%), Fat: 19.77g (30.41%), Saturated Fat: 7.17g (44.83%), Carbohydrates: 71.86g (23.95%), Net Carbohydrates: 69.04g (25.11%), Sugar: 56.8g (63.11%), Cholesterol: 36.23mg (12.08%), Sodium: 204.65mg (8.9%), Alcohol: 1.27g (100%), Alcohol %: 0.98% (100%), Caffeine: 8.93mg (2.98%), Protein: 7.79g (15.58%), Manganese: 0.39mg (19.41%), Selenium: 10.31µg (14.73%), Phosphorus: 131.8mg (13.18%), Magnesium: 51.92mg (12.98%), Vitamin B3: 2.31mg (11.55%), Vitamin B2: 0.2mg (11.54%), Vitamin E: 1.71mg (11.4%), Fiber: 2.81g (11.26%), Copper: 0.22mg (11%), Vitamin K: 9.2µg (8.76%), Iron: 1.36mg (7.58%), Calcium: 71.95mg (7.2%), Potassium: 241.35mg (6.9%), Zinc: 0.91mg (6.04%), Vitamin B6: 0.11mg (5.28%), Folate: 20.75µg (5.19%), Vitamin B5: 0.44mg (4.41%), Vitamin B1: 0.05mg (3.36%), Vitamin B12: 0.16µg (2.73%), Vitamin A: 104.34IU (2.09%)