



Chocolate Pudding Frosted Cupcakes

READY IN



105 min.

SERVINGS



24

CALORIES



236 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 12 tablespoons butter room temperature
- 0.8 cup buttermilk
- 1.5 cups cake flour
- 0.7 cup freshly coffee cooled room temperature brewed
- 0.8 cup dutch process cocoa powder
- 2 large eggs
- 1 pint heavy whipping cream very cold
- 3.9 ounce jell-o vanilla flavor pudding dry

- 0.3 cup sugar
- 1.5 cups sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- toothpicks
- stand mixer
- muffin liners

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Line two 12-cup muffin pans with cupcake liners and set aside.
- Sift together the flour, sugar, cocoa powder and baking soda and add to the bowl of a stand mixer.
- Add the butter, buttermilk and eggs and beat on low until moistened. Raise the speed to medium and beat until light and fluffy, 2 to 3 minutes.
- Add the coffee and beat until fully incorporated. Divide the batter evenly among the muffin cups, filling each about 3/4 full.
- Bake until a toothpick inserted into the center of a cupcake comes out clean, 22 to 25 minutes.
- Transfer the pans to wire racks and allow the cupcakes to cool completely.
- Remove the cupcakes from the muffin pans and spread each with frosting.
- In a stand mixer fitted with a whip attachment, whip the cream at high speed until light and fluffy, about 3 minutes.
- Add the sugar, vanilla extract and pudding mix and whip until smooth.

Nutrition Facts



■ PROTEIN 4.67% ■ FAT 51.3% ■ CARBS 44.03%

Properties

Glycemic Index:12.01, Glycemic Load:13.97, Inflammation Score:-4, Nutrition Score:3.5304347645977%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 236.31kcal (11.82%), Fat: 14g (21.54%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 25.83g (9.39%), Sugar: 19.26g (21.4%), Cholesterol: 53.65mg (17.88%), Sodium: 162.79mg (7.08%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 8.81mg (2.94%), Protein: 2.87g (5.74%), Vitamin A: 499.78IU (10%), Manganese: 0.17mg (8.48%), Selenium: 5.83µg (8.33%), Copper: 0.13mg (6.27%), Phosphorus: 55.34mg (5.53%), Vitamin B2: 0.09mg (5.36%), Fiber: 1.21g (4.84%), Magnesium: 18.35mg (4.59%), Vitamin D: 0.5µg (3.31%), Calcium: 30.79mg (3.08%), Iron: 0.55mg (3.07%), Vitamin E: 0.43mg (2.85%), Zinc: 0.39mg (2.59%), Potassium: 89.63mg (2.56%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.12µg (1.92%), Folate: 6.9µg (1.73%), Vitamin B1: 0.02mg (1.25%), Vitamin K: 1.25µg (1.19%), Vitamin B6: 0.02mg (1.15%)