

Chocolate Spider Cupcakes

READY IN



110 min.

SERVINGS



12

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 ounce bittersweet chocolate melted finely chopped
- ☐ 2 tablespoons bourbon
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 cup cake flour
- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 2 large eggs

- ☐ 12 servings food coloring black
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1 teaspoon meringue powder
- ☐ 1 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

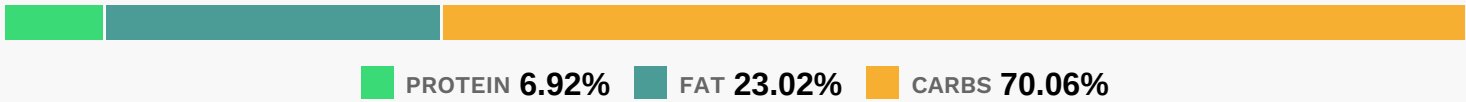
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ ziploc bags
- ☐ muffin liners
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cupcakes, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cocoa, baking soda, and 1/8 teaspoon salt, stirring with a whisk.

- ☐ Place 3/4 cup sugar and 1/4 cup butter in a large bowl; beat with a mixer at medium speed until well combined (about 3 minutes).
- ☐ Add eggs and vanilla, beating well.
- ☐ Add flour mixture and buttermilk alternately to egg mixture, beginning and ending with flour mixture. Fold in chocolate. Spoon batter into 12 muffin cups lined with muffin cup liners.
- ☐ Bake at 350 for 18 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging.
- ☐ Remove from pan; cool completely on a wire rack.
- ☐ To prepare icing, combine 1/2 cup brown sugar and bourbon in a saucepan; bring to a boil. Cook, without stirring, for 3 minutes or until a candy thermometer registers 25
- ☐ Combine egg whites, cream of tartar, and 1/8 teaspoon salt in a large bowl; using clean, dry beaters, beat with a mixer at high speed until foamy.
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form, about 3 minutes. Reduce mixer speed to low, and continue beating until the egg white mixture cools (about 3 minutes).
- ☐ Place 1/4 cup butter in a large bowl; beat until light and fluffy. Fold in 1 cup egg white mixture. Fold butter mixture into the remaining egg white mixture.
- ☐ Spread about 3 tablespoons icing over each cooled cupcake.
- ☐ Combine meringue powder and 1 tablespoon water in a bowl, stirring with a whisk until smooth.
- ☐ Add powdered sugar, beating with a mixer at medium speed until thick and smooth. Stir in black food coloring to desired shade. Scrape the powdered sugar mixture into a zip-top plastic bag, and snip a tiny hole in 1 corner of bag. Pipe black spiders or webs over frosted cupcakes.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:13.71, Inflammation Score:-2, Nutrition Score:3.9434782315208%

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: 239.94kcal (12%), Fat: 6.19g (9.53%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 41.09g (14.94%), Sugar: 32.7g (36.33%), Cholesterol: 41.71mg (13.9%), Sodium: 179.91mg (7.82%), Alcohol: 0.95g (100%), Alcohol %: 1.43% (100%), Caffeine: 7.53mg (2.51%), Protein: 4.19g (8.38%), Selenium: 9.38µg (13.4%), Manganese: 0.22mg (10.86%), Copper: 0.16mg (7.76%), Phosphorus: 69.35mg (6.93%), Vitamin B2: 0.11mg (6.42%), Magnesium: 22.76mg (5.69%), Fiber: 1.32g (5.3%), Calcium: 51.58mg (5.16%), Iron: 0.85mg (4.74%), Potassium: 135.19mg (3.86%), Vitamin A: 169.27IU (3.39%), Zinc: 0.48mg (3.18%), Vitamin B5: 0.25mg (2.47%), Folate: 9.18µg (2.3%), Vitamin B12: 0.12µg (1.93%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.23%), Vitamin D: 0.17µg (1.11%), Vitamin B3: 0.21mg (1.05%)