



Chocolate Stout Cupcakes

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



299 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 stick butter melted
- ☐ 1 pound confectioners' sugar
- ☐ 8 ounce cream cheese softened at room temperature
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup heavy cream
- ☐ 1 pinch salt fine

- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 bottle stout beer (recommended: Guinness)
- ☐ 2 cups sugar
- ☐ 0.8 cup cocoa unsweetened for dusting plus more finished cupcakes
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer
- ☐ muffin tray

Directions

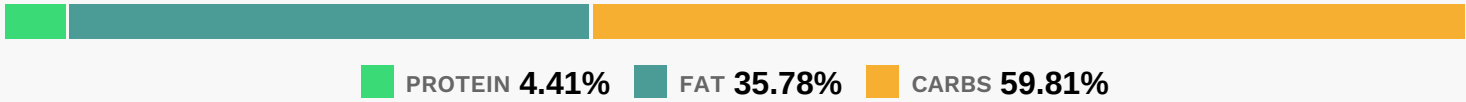
- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ In a large mixing bowl, whisk together the cocoa, sugar, flour, baking soda, and salt.
- ☐ In another medium mixing bowl, combine the stout, melted butter, and vanilla. Beat in eggs, 1 at time.
- ☐ Mix in sour cream until thoroughly combined and smooth. Gradually mix the dry ingredients into the wet mixture.
- ☐ Lightly grease 24 muffin tins. Divide the batter equally between muffin tins, filling each 3/4 full.
- ☐ Bake for about 12 minutes and then rotate the pans.
- ☐ Bake another 12 to 13 minutes until risen, nicely domed, and set in the middle but still soft and tender. Cool before turning out.
- ☐ To make the icing: In a medium bowl with a hand mixer, beat the cream cheese on medium speed until light and fluffy. Gradually beat in the heavy cream. On low speed, slowly mix in the confectioners' sugar until incorporated and smooth. Cover with plastic wrap and refrigerate

until ready to use. Icing can be made several hours ahead and kept covered and chilled.

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Top each cupcake with a heap of frosting and dust with cocoa.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:17.53, Inflammation Score:-4, Nutrition Score:4.3600000013476%

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: 298.59kcal (14.93%), Fat: 12.27g (18.87%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 44.87g (16.32%), Sugar: 36.1g (40.12%), Cholesterol: 55.56mg (18.52%), Sodium: 121.64mg (5.29%), Alcohol: 0.19g (100%), Alcohol %: 0.28% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.4g (6.8%), Selenium: 7.4µg (10.57%), Manganese: 0.18mg (9.02%), Vitamin A: 432.43IU (8.65%), Vitamin B2: 0.14mg (8.42%), Phosphorus: 64.4mg (6.44%), Copper: 0.13mg (6.4%), Folate: 24.58µg (6.15%), Vitamin B1: 0.09mg (6.12%), Iron: 1.01mg (5.61%), Fiber: 1.28g (5.1%), Magnesium: 18.7mg (4.68%), Vitamin B3: 0.7mg (3.51%), Calcium: 31.38mg (3.14%), Zinc: 0.43mg (2.89%), Potassium: 91.79mg (2.62%), Vitamin B5: 0.25mg (2.51%), Vitamin E: 0.36mg (2.41%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.24µg (1.63%), Vitamin B6: 0.03mg (1.48%)