



Chocolate Surprise Cupcakes

READY IN



55 min.

SERVINGS



24

CALORIES



168 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 8 ounce cream cheese softened
- 1 eggs
- 3 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup semi chocolate chips
- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 0.7 cup vegetable oil

- 2 tablespoons vinegar
- 2 cups water
- 0.5 cup sugar white

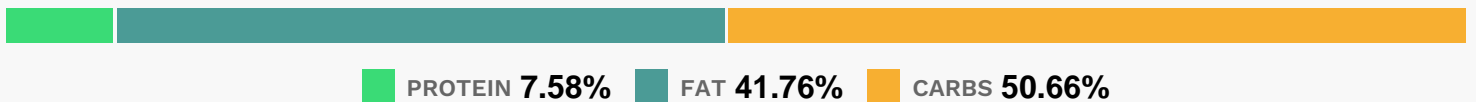
Equipment

- bowl
- oven
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 24 muffin cups with paper liners.
- In a large bowl, mix together flour, 2 cups sugar, cocoa, 1 teaspoon salt and baking soda. Stir in oil, water, vinegar and vanilla until blended.
- Pour mixture into prepared muffin cups, filling each 2/3 full.
- To make the filling: In a medium bowl, beat together the cream cheese, egg, 1/2 cup sugar and 1/4 teaspoon salt until light and fluffy. Stir in chocolate chips. Drop a heaping teaspoonful of the cream cheese mixture into each cupcake.
- Bake in the preheated oven for 25 minutes. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:11.68, Inflammation Score:-3, Nutrition Score:4.7973912610956%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 168.03kcal (8.4%), Fat: 7.92g (12.19%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 19.94g (7.25%), Sugar: 7.39g (8.21%), Cholesterol: 16.81mg (5.6%), Sodium: 150.22mg (6.53%),

Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Caffeine: 10.57mg (3.52%), Protein: 3.24g (6.47%), Manganese: 0.28mg (13.9%), Selenium: 7.59µg (10.84%), Copper: 0.19mg (9.54%), Vitamin B1: 0.13mg (8.63%), Iron: 1.49mg (8.3%), Folate: 30.88µg (7.72%), Vitamin B2: 0.12mg (6.85%), Fiber: 1.68g (6.74%), Magnesium: 26.9mg (6.72%), Phosphorus: 63.34mg (6.33%), Vitamin B3: 1.04mg (5.18%), Zinc: 0.5mg (3.36%), Vitamin K: 3.06µg (2.92%), Potassium: 102.09mg (2.92%), Vitamin A: 140.56IU (2.81%), Calcium: 20.24mg (2.02%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.25mg (1.7%)