



## CINfully Delicious Chocolate Cupcakes

READY IN



65 min.

SERVINGS



24

CALORIES



214 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup butter-flavored shortening
- ☐ 2 cups confectioners' sugar as needed
- ☐ 3 eggs
- ☐ 18.3 ounce chocolate cake mix
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 1 pinch sea salt
- ☐ 1 tablespoon cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Line 24 muffin cups with paper liners.
- ☐ Beat together the chocolate cake mix, 1 cup milk, eggs, 1/2 cup melted butter, 1 teaspoon cinnamon, and 1 teaspoon vanilla extract in a bowl with an electric mixer on low speed until moist. Beat for 2 more minutes on medium speed.
- ☐ Fill each muffin cup about 2/3 full of batter.
- ☐ Sprinkle the cupcakes with cinnamon sugar.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 15 minutes.
- ☐ Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
- ☐ Cream together 1/2 cup butter and shortening in a bowl until smooth.
- ☐ Stir in sea salt, 1 teaspoon vanilla extract, 1 tablespoon cinnamon, cocoa powder, and 3 cups confectioners' sugar.
- ☐ Stir in milk.
- ☐ Mix in 2 more cups confectioners' sugar or as needed until desired consistency is achieved.
- ☐ Spread the frosting on the cooled cupcakes.

## Nutrition Facts



 **PROTEIN 3.85%**  **FAT 48.93%**  **CARBS 47.22%**

## Properties

Glycemic Index:3.88, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.2326087104562%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 214kcal (10.7%), Fat: 12.11g (18.63%), Saturated Fat: 4.44g (27.75%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 25.52g (9.28%), Sugar: 18.21g (20.24%), Cholesterol: 30.93mg (10.31%), Sodium: 219.11mg (9.53%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.14g (4.29%), Phosphorus: 74.55mg (7.45%), Selenium: 4.56µg (6.51%), Iron: 1.13mg (6.3%), Manganese: 0.12mg (5.84%), Copper: 0.1mg (5%), Vitamin E: 0.68mg (4.52%), Calcium: 43.45mg (4.34%), Folate: 16.18µg (4.04%), Vitamin B2: 0.07mg (3.97%), Vitamin K: 3.56µg (3.39%), Magnesium: 12.45mg (3.11%), Fiber: 0.77g (3.09%), Vitamin A: 153.63IU (3.07%), Vitamin B1: 0.04mg (2.77%), Potassium: 88.73mg (2.54%), Zinc: 0.28mg (1.86%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.16mg (1.59%), Vitamin B12: 0.07µg (1.18%), Vitamin B6: 0.02mg (1.02%)