



WHATSheATE



Cocoa-Carrot Cupcakes with White Chocolate Chips

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups canola oil
- ☐ 4 cups carrots grated
- ☐ 4 large eggs at room temperature
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups brown sugar light

- ☐ 5 tablespoons cocoa powder unsweetened
- ☐ 2 cups chocolate chips white

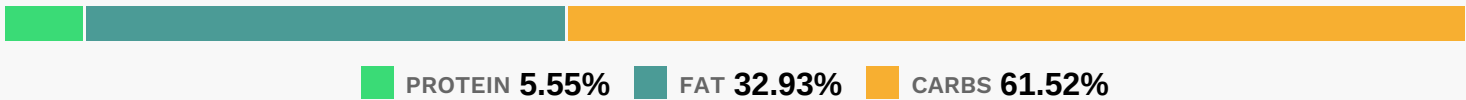
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ ice cream scoop
- ☐ muffin tray

Directions

- ☐ • Preheat the oven to 350°F.
- ☐ Place paper liners in 24 cupcake/muffin tins.
- ☐ Place the sugar, oil, and eggs in a mixer fitted with a paddle and beat until well combined.
- ☐ Place the flour, cocoa powder, baking soda, and salt in a separate bowl and mix well.
- ☐ Add to the oil mixture, scrape down the sides of the bowl, add the carrots and chocolate chips, and mix again. Scrape down the sides of the bowl.
- ☐ • Using a 2-ounce ice cream scoop or heaping tablespoon, fill the prepared tins.
- ☐ Transfer to the oven and bake until a tester comes out clean and the tops are slightly domed, 22 to 25 minutes.
- ☐ Let cool in the pan for 5 minutes, then transfer cupcakes to a wire rack and set aside to cool.
- ☐ Reprinted with permission from Cookies for Kids Cancer: Best
- ☐ Bake Sale Cookbook by Gretchen Holt-Witte, (C) 2011 Wiley

Nutrition Facts



Properties

Glycemic Index:7.99, Glycemic Load:11.9, Inflammation Score:-9, Nutrition Score:7.7221737633581%

Flavonoids

Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 231.48kcal (11.57%), Fat: 8.69g (13.37%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 35.27g (12.82%), Sugar: 27.72g (30.8%), Cholesterol: 34.15mg (11.38%), Sodium: 161.01mg (7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Vitamin A: 3613.45IU (72.27%), Selenium: 6.71µg (9.59%), Vitamin B2: 0.14mg (8.25%), Manganese: 0.15mg (7.4%), Phosphorus: 68.59mg (6.86%), Vitamin B1: 0.1mg (6.62%), Folate: 26.22µg (6.55%), Vitamin K: 6.26µg (5.96%), Calcium: 59.49mg (5.95%), Vitamin E: 0.87mg (5.79%), Iron: 0.94mg (5.24%), Fiber: 1.26g (5.04%), Potassium: 172.64mg (4.93%), Vitamin B3: 0.91mg (4.54%), Copper: 0.09mg (4.29%), Magnesium: 14.21mg (3.55%), Vitamin B5: 0.34mg (3.44%), Vitamin B6: 0.06mg (3.24%), Zinc: 0.41mg (2.73%), Vitamin B12: 0.16µg (2.64%), Vitamin C: 1.33mg (1.62%), Vitamin D: 0.17µg (1.11%)