



## Coconut Coffee Lover

 Popular

READY IN



40 min.

SERVINGS



15

CALORIES



333 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 15 chocolate covered espresso beans dark
- ☐ 0.3 cup cocoa powder
- ☐ 0.3 cup coconut flakes lightly toasted
- ☐ 0.5 cup hot-brewed coffee fresh cooled prepared
- ☐ 2 tablespoons espresso coffee grounds

- ☐ 0.5 cup dairy-free margarine (such as Earth Balance)
- ☐ 2 tablespoons vanilla dairy-free creamer for allergy-friendly (coconut creamer )
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup vanilla milk alternative
- ☐ 0.3 cup oil well (canola or grapeseed oil work )
- ☐ 3 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 cup non-hydrogenated vegetable shortening (such as Spectrum Shortening)

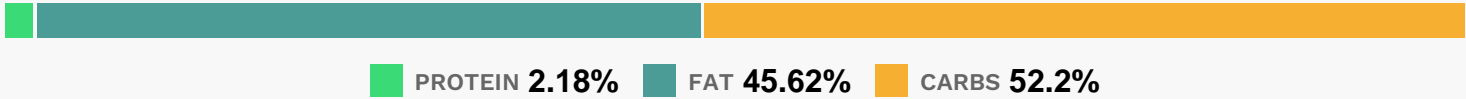
## Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

## Directions

- ☐ Preheat your oven to 350°F. In a small cup, combine the milk alternative and vinegar. Set aside. In a large mixing bowl, combine the dry ingredients.
- ☐ Add the wet ingredients, including the coconut milk and vinegar. Gently stir until incorporated, making sure not to over stir.
- ☐ Pour the batter into 15 paper lined muffin pans.
- ☐ Bake for 23–25 minutes, or until a toothpick inserted into the cupcake comes out clean.
- ☐ Place on a rack, and let cool completely. In a bowl, cream together the margarine and shortening until creamy.
- ☐ Add the powdered sugar a cup at a time, beating until creamy after each addition.
- ☐ Add the coffee, and cocoa powder.
- ☐ Add the creamer. Cream together until combined. Smooth onto cooled cupcakes, or use a bag to pipe the icing.
- ☐ Place an espresso bean on top of each iced cupcake.

# Nutrition Facts



## Properties

Glycemic Index:24.61, Glycemic Load:12.94, Inflammation Score:-3, Nutrition Score:4.3456521538775%

## Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 333.44kcal (16.67%), Fat: 17.29g (26.6%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 43.37g (15.77%), Sugar: 34.77g (38.63%), Cholesterol: 1.17mg (0.39%), Sodium: 157.74mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.83mg (6.61%), Protein: 1.86g (3.71%), Vitamin E: 2.94mg (19.63%), Manganese: 0.18mg (8.91%), Vitamin K: 8.01µg (7.63%), Selenium: 4.4µg (6.29%), Vitamin B1: 0.09mg (6.09%), Vitamin A: 300.87IU (6.02%), Vitamin B2: 0.09mg (5.03%), Folate: 19.89µg (4.97%), Fiber: 1.16g (4.62%), Iron: 0.83mg (4.59%), Copper: 0.09mg (4.59%), Phosphorus: 41.4mg (4.14%), Vitamin B3: 0.69mg (3.45%), Magnesium: 13.69mg (3.42%), Calcium: 31.59mg (3.16%), Potassium: 65.89mg (1.88%), Zinc: 0.26mg (1.72%), Vitamin B5: 0.16mg (1.64%)