



## Cook the Book: Black Bottom Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



326 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon apple cider vinegar white
- ☐ 30 grams cocoa powder unsweetened (not Dutch-process)
- ☐ 1 large eggs room temperature
- ☐ 210 grams flour all-purpose
- ☐ 65 grams granulated sugar
- ☐ 240 grams brown sugar packed
- ☐ 225 grams cream cheese room temperature
- ☐ 0.3 teaspoon salt

- ☐ 60 grams bittersweet chocolate coarsely chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 85 ml vegetable oil unflavored
- ☐ 250 ml water

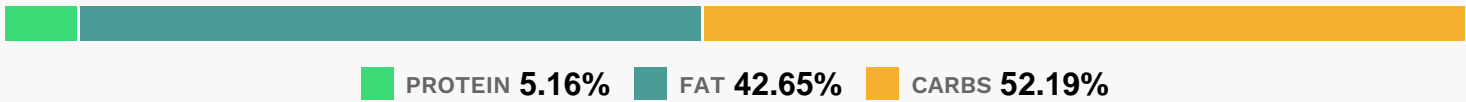
## Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Place a rack at oven center; preheat to 350°F (175°C). Butter a 12-cup muffin tin, or line tin with paper muffin cups.
- ☐ Beat together the cream cheese, granulated sugar, and egg until smooth. Stir in the chopped chocolate pieces. Set aside.
- ☐ In a medium bowl, sift together the flour, brown sugar, cocoa powder, baking soda, and salt. In a separate bowl, mix together the water, oil, vinegar, and vanilla.
- ☐ Make a well in the center of the dry ingredients; stir in wet ingredients, stirring until batter is just smooth. Be careful not to overmix the batter—you'll end up with less-than-tender cupcakes.
- ☐ Divide batter evenly among muffin cups. Spoon a few tablespoons of the filling into center of each cupcake, dividing filling evenly as you do. This will fill the cups almost completely, which is fine.
- ☐ Bake 25 minutes or until tops are slightly golden-brown and cupcakes feel springy when gently pressed.
- ☐ Storage: Cupcakes will keep unrefrigerated, in an airtight container, for 2 to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:17.67, Glycemic Load:13.73, Inflammation Score:-4, Nutrition Score:6.4391304487767%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 325.71kcal (16.29%), Fat: 15.82g (24.34%), Saturated Fat: 6.24g (39.02%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 41.76g (15.19%), Sugar: 27.5g (30.56%), Cholesterol: 34.74mg (11.58%), Sodium: 212.6mg (9.24%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 10.05mg (3.35%), Protein: 4.31g (8.61%), Manganese: 0.3mg (15.09%), Selenium: 9.88µg (14.11%), Vitamin K: 12.88µg (12.27%), Copper: 0.2mg (10.11%), Vitamin B1: 0.15mg (9.8%), Iron: 1.72mg (9.55%), Vitamin B2: 0.16mg (9.32%), Folate: 36.67µg (9.17%), Phosphorus: 79.48mg (7.95%), Magnesium: 29.42mg (7.36%), Fiber: 1.8g (7.19%), Vitamin B3: 1.17mg (5.87%), Vitamin A: 276.81IU (5.54%), Vitamin E: 0.78mg (5.21%), Calcium: 46.88mg (4.69%), Potassium: 143.7mg (4.11%), Zinc: 0.58mg (3.88%), Vitamin B5: 0.3mg (2.95%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.09µg (1.46%)