



Cream-Filled Cannoli Cupcakes

READY IN



120 min.

SERVINGS



12

CALORIES



314 kcal

DESSERT

Ingredients

- 3 oz baker's chocolate 60%
- 1 box betty fun chocolate cupcake mix with vanilla cream filling
- 1 cup powdered sugar
- 15 oz ricotta cheese
- 1 teaspoon vanilla
- 0.3 cup whipping cream

Equipment

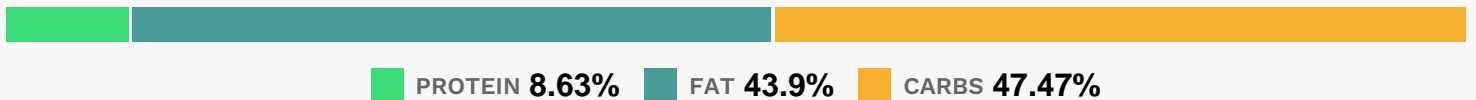
- bowl

- sauce pan
- oven
- whisk

Directions

- Make, bake and cool cupcakes as directed on box, using water, oil and eggs.
- In medium bowl, beat ricotta cheese, powdered sugar and vanilla with whisk about 1 minute or until smooth. Spoon mixture into decorating bag with large round tip. Pipe ricotta mixture onto cupcakes, leaving room at edge (mixture will spread). Refrigerate 1 hour.
- Meanwhile, in 1-quart saucepan, heat whipping cream over medium heat just until very hot but not boiling.
- Remove from heat. Beat in chocolate with whisk until completely melted.
- Let stand at least 30 minutes or until thickened and almost cool.
- Spoon dollop or 2 of chocolate mixture onto each cupcake. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:7.8043478696567%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 313.59kcal (15.68%), Fat: 16.31g (25.09%), Saturated Fat: 7.93g (49.55%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 37.64g (13.69%), Sugar: 23.96g (26.63%), Cholesterol: 25.54mg (8.51%), Sodium: 330.48mg (14.37%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Caffeine: 9.63mg (3.21%), Protein: 7.22g (14.43%), Copper: 0.38mg (19.11%), Manganese: 0.38mg (18.95%), Phosphorus: 185.39mg (18.54%), Iron: 3mg (16.67%), Selenium: 10.43µg (14.91%), Calcium: 139.01mg (13.9%), Magnesium: 44.5mg (11.12%), Zinc: 1.4mg (9.33%), Vitamin B2: 0.15mg (8.73%), Fiber: 2.04g (8.16%), Folate: 28.82µg (7.21%), Potassium: 221.81mg (6.34%), Vitamin B1: 0.08mg (5.17%), Vitamin A: 255.96IU (5.12%), Vitamin B3: 0.71mg (3.57%), Vitamin E: 0.53mg (3.52%), Vitamin K: 2.66µg (2.53%), Vitamin B12: 0.13µg (2.18%), Vitamin B6: 0.03mg (1.68%), Vitamin B5: 0.15mg (1.53%), Vitamin D: 0.18µg (1.18%)