



Cream Filled Chocolate Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1 cup buttermilk
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup shortening

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 1 tablespoon water
- ☐ 0.5 cup sugar white

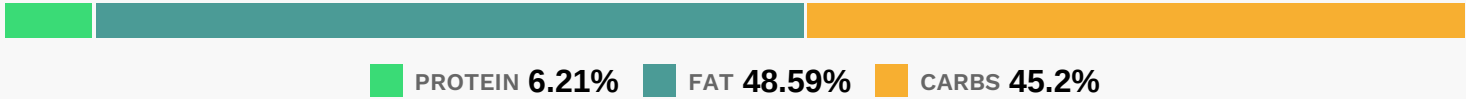
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two 12-cup muffin tins.
- ☐ Sift flour, 2 cups white sugar, cocoa powder, baking powder, and salt together in a large bowl. Beat vegetable oil, buttermilk, eggs, and 1 teaspoon vanilla extract into the flour mixture using an electric hand mixer on medium until smooth, about 3 minutes.
- ☐ Stir baking soda and hot water together in a small bowl; mix into batter.
- ☐ Pour batter into muffin cups to 2/3 full.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a cupcake comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
- ☐ Beat shortening, 1/2 cup white sugar, milk, 1 tablespoon water, 1 teaspoon vanilla extract, and salt together in a bowl using an electric hand mixer until smooth, 5 to 7 minutes.
- ☐ Add confectioners' sugar; beat until fully incorporated, 3 to 5 minutes.
- ☐ Insert frosting into cupcakes using a pastry tube fitted with a rosette tip. Frost the tops of cupcakes with remaining frosting.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:10.35, Inflammation Score:-2, Nutrition Score:3.5817391457765%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 156.33kcal (7.82%), Fat: 8.6g (13.24%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 17.22g (6.26%), Sugar: 7.34g (8.16%), Cholesterol: 15.15mg (5.05%), Sodium: 150.96mg (6.56%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.47g (4.95%), Selenium: 6.19µg (8.84%), Vitamin B1: 0.11mg (7.49%), Manganese: 0.14mg (6.85%), Folate: 26.43µg (6.61%), Vitamin B2: 0.11mg (6.31%), Vitamin K: 6.49µg (6.18%), Iron: 0.86mg (4.8%), Phosphorus: 45.67mg (4.57%), Vitamin B3: 0.81mg (4.05%), Vitamin E: 0.55mg (3.69%), Copper: 0.07mg (3.5%), Fiber: 0.79g (3.18%), Calcium: 31.17mg (3.12%), Magnesium: 10.74mg (2.69%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.27mg (1.82%), Vitamin B12: 0.1µg (1.62%), Vitamin D: 0.24µg (1.6%), Potassium: 56.15mg (1.6%)