



DAIRY-FREE COCOA CUPCAKES WITH PEANUT BUTTER FILLING, MARSHMALLOW FROSTING

READY IN



45 min.

SERVINGS



12

CALORIES



341 kcal

DESSERT

Ingredients

- 0.5 tsp double-acting baking powder
- 0.5 tsp baking soda
- 1 oz bittersweet chocolate chopped
- 0.5 cup canola oil
- 1 tsp chocolate (I used Spices, etc., purchased online)
- 0.5 cup hot-brewed coffee brewed
- 0.5 cup plus light

- 1 pinch cream of tartar
- 7 Tbsp creamy peanut butter
- 0.5 cup cocoa powder sifted
- 1 large eggs
- 2 large egg whites room temperature
- 0.3 cup granulated sugar divided
- 0.5 cup granulated sugar
- 0.3 cup brown sugar light
- 0.3 cup brown sugar light
- 0.3 cup maple syrup pure
- 0.3 cup roasted peanuts crushed chopped
- 0.3 tsp salt
- 1 pinch salt
- 0.5 cup soymilk
- 1 Tbsp soymilk
- 2 Tbsp sugar
- 1.5 cups flour all-purpose
- 0.5 tsp vanilla extract
- 1 tsp vanilla extract pure
- 3 Tbsp water

Equipment

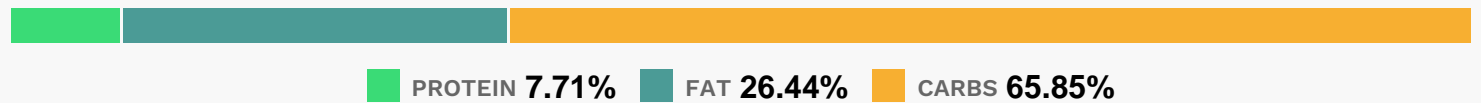
- bowl
- oven
- whisk
- ziploc bags
- microwave
- spatula
- ice cream scoop

muffin tray

Directions

- Heat oven to 350F. Line a 12-cup muffin tin with paper liners. In large bowl, whisk together cocoa powder, flour, baking powder, baking soda and salt. In medium bowl whisk egg, oil, sugars, flavorings and coffee. Stir wet ingredients into dry ingredients using a spoon or spatula. Batter will be somewhat lumpy -- do not over mix it to make it smooth. Using an ice cream scoop (1/4 cup), fill paper liners.
- Place chocolate into one bottom corner of a resealable plastic bag. Microwave on high about 30 seconds. Continue microwaving on high at 10-second intervals until chocolate is melted. Very carefully cut the tiniest corner to make a very small hole through which the chocolate may be drizzled onto the frosting. Lightly sprinkle peanuts over cupcakes. **TIME-SAVING TIPS:** Instead of making peanut butter filling, just use Peanut Butter & Co.'s White Chocolate Wonderful Peanut Butter. If you're not lactose intolerant, you could use a cake mix for the cupcakes, but you will have to double the other ingredients.

Nutrition Facts



Properties

Glycemic Index:46.35, Glycemic Load:23.93, Inflammation Score:-4, Nutrition Score:8.9291304347826%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 340.7kcal (17.03%), Fat: 10.52g (16.19%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 58.97g (19.66%), Net Carbohydrates: 56.25g (20.45%), Sugar: 42.25g (46.94%), Cholesterol: 15.64mg (5.21%), Sodium: 212.21mg (9.23%), Caffeine: 14.49mg (4.83%), Protein: 6.9g (13.8%), Manganese: 0.65mg (32.61%), Vitamin B2: 0.27mg (15.87%), Vitamin B3: 3.13mg (15.65%), Copper: 0.27mg (13.71%), Selenium: 9.57µg (13.67%), Magnesium: 50.76mg (12.69%), Folate: 47.63µg (11.91%), Vitamin B1: 0.17mg (11.45%), Fiber: 2.72g (10.89%), Phosphorus: 107.31mg (10.73%), Iron: 1.85mg (10.29%), Vitamin E: 1.53mg (10.19%), Potassium: 239.52mg (6.84%), Calcium: 62.94mg (6.29%), Zinc: 0.92mg (6.13%), Vitamin B6: 0.1mg (4.92%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.17µg (2.77%), Vitamin K: 1.71µg (1.63%), Vitamin D: 0.22µg (1.44%), Vitamin A: 67.24IU (1.34%)