



Dark Chocolate Cupcakes

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.3 oz baker's chocolate grated ()
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons canola oil
- ☐ 1 oz weight cream cheese fat-free (from 8-oz package)
- ☐ 0.3 cup eggs fat-free
- ☐ 2 teaspoons skim milk fat-free (skim)
- ☐ 0.5 cup granulated sugar

- ☐ 0.5 teaspoon espresso powder instant
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon cocoa powder dark unsweetened
- ☐ 0.1 teaspoon vanilla
- ☐ 0.8 cup flour whole wheat white

Equipment

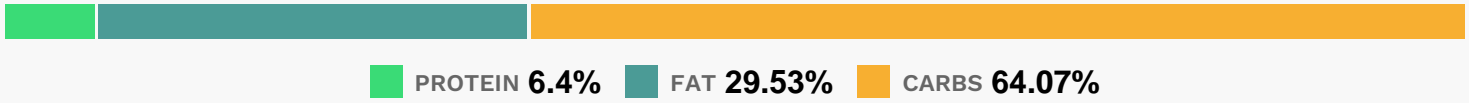
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In small bowl, add 1 1/2 oz chocolate, 6 tablespoons cocoa and the espresso powder; set aside. In small microwavable measuring cup, microwave 1/2 cup milk uncovered on High (100%) 30 seconds or until steaming but not boiling.
- ☐ Pour over chocolate mixture; stir. Cover; let stand 5 minutes. Stir until smooth.
- ☐ Meanwhile, in medium bowl, stir flour, baking soda and 1/4 teaspoon salt; set aside. In large bowl, beat egg product with electric mixer on medium speed 30 seconds. Gradually add sugars, about 1/4 cup at a time, beating well after each addition. Beat 2 minutes longer. Beat in oil and 2 teaspoons vanilla. Beat about one-third of the flour mixture and about one-half of the chocolate mixture at a time alternately into sugar mixture on low speed until blended.
- ☐ Divide batter evenly among muffin cups, filling each about 2/3 full.

- ☐ Bake 20 to 25 minutes or until tops spring back when touched lightly in center. Cool 5 minutes; remove from muffin cups to cooling rack. Cool completely before glazing.
- ☐ In small bowl or microwavable custard cup, heat 2 teaspoons milk uncovered on High (100%) about 10 seconds or until hot. Stir in 1 tablespoon cocoa until smooth; set aside.
- ☐ In separate small bowl, stir cream cheese until smooth. Stir in cocoa mixture until blended. Stir in powdered sugar. Stir in vanilla and salt until mixture is smooth and shiny.
- ☐ Spoon about 1 teaspoon glaze over each cupcake; spread to edge with back of spoon.
- ☐ Sprinkle about 1/4 teaspoon grated chocolate over each glazed cupcake.

Nutrition Facts



Properties

Glycemic Index:8.61, Glycemic Load:5.83, Inflammation Score:-1, Nutrition Score:1.6330434874348%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 132.56kcal (6.63%), Fat: 4.52g (6.96%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 21.08g (7.67%), Sugar: 16.23g (18.03%), Cholesterol: 19.14mg (6.38%), Sodium: 142.64mg (6.2%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 2.21g (4.41%), Vitamin E: 0.67mg (4.46%), Fiber: 1g (4.01%), Phosphorus: 29mg (2.9%), Selenium: 1.92µg (2.75%), Iron: 0.47mg (2.61%), Vitamin K: 2.58µg (2.46%), Manganese: 0.05mg (2.34%), Calcium: 22.37mg (2.24%), Copper: 0.04mg (2.12%), Vitamin B2: 0.03mg (2.02%), Magnesium: 5.79mg (1.45%), Zinc: 0.19mg (1.28%), Vitamin B12: 0.07µg (1.21%), Potassium: 42.31mg (1.21%), Vitamin B5: 0.11mg (1.09%)