



## Devil's food cupcakes

READY IN



45 min.

SERVINGS



16

CALORIES



357 kcal

DESSERT

### Ingredients

- ☐ 50 g cocoa powder
- ☐ 2 large eggs at room temperature
- ☐ 1 tsp vanilla extract
- ☐ 175 g flour plain
- ☐ 0.5 tsp salt
- ☐ 0.5 tsp baking soda
- ☐ 225 g sugar
- ☐ 175 g butter unsalted softened
- ☐ 4 tbsp butter unsalted softened

- ☐ 200 g cream cheese softened
- ☐ 1 tsp vanilla
- ☐ 400 g powdered sugar sifted
- ☐ 1 small handful sprinkles for decoration

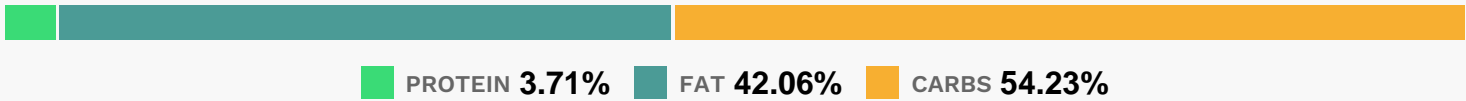
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line 2 muffin tins with 16 paper muffin cases.
- ☐ Whisk together 175ml boiling water with the cocoa powder in a medium-sized bowl until smooth. Allow the mixture to cool until it reaches room temperature (put it in the freezer to speed it up), then whisk it with the eggs and vanilla.
- ☐ In an electric mixer, combine the flour, salt, bicarbonate of soda and sugar.
- ☐ Mix on a low speed for 30 secs, then add one-third of the cocoa liquid and softened butter. Keep mixing on a low speed, then turn up to medium high and beat for 1 min.
- ☐ Add the remaining liquid in 3 batches, beating each one for 30 secs. Scrape the sides and bottom of the bowl with a spatula and mix one more time. Fill the cupcake liners three-quarters full and bake for 20 mins, then remove and let them cool in the tin.
- ☐ To make the frosting, beat the butter and cream cheese for 2–3 mins until creamy, then add the vanilla. While still mixing, pour in the sugar in 4 batches, beating each time to fully combine. Beat for a further min, then chill for 2 hrs.
- ☐ Swirl the frosting over the cooled cupcakes and decorate with silver balls or whatever you like.

# Nutrition Facts



## Properties

Glycemic Index:10.76, Glycemic Load:16.04, Inflammation Score:-4, Nutrition Score:4.6747826700625%

## Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 356.67kcal (17.83%), Fat: 17.23g (26.51%), Saturated Fat: 10.43g (65.22%), Carbohydrates: 49.98g (16.66%), Net Carbohydrates: 48.53g (17.65%), Sugar: 39.19g (43.55%), Cholesterol: 67.02mg (22.34%), Sodium: 163.28mg (7.1%), Alcohol: 0.18g (100%), Alcohol %: 0.26% (100%), Caffeine: 7.19mg (2.4%), Protein: 3.42g (6.84%), Vitamin A: 563.67IU (11.27%), Selenium: 7.53µg (10.75%), Manganese: 0.2mg (10.06%), Vitamin B2: 0.13mg (7.75%), Copper: 0.15mg (7.32%), Phosphorus: 64.01mg (6.4%), Folate: 25.51µg (6.38%), Vitamin B1: 0.09mg (6.3%), Iron: 1.09mg (6.06%), Fiber: 1.45g (5.81%), Magnesium: 20.23mg (5.06%), Vitamin B3: 0.74mg (3.69%), Vitamin E: 0.52mg (3.46%), Zinc: 0.45mg (3%), Potassium: 89.38mg (2.55%), Calcium: 25.24mg (2.52%), Vitamin B5: 0.24mg (2.39%), Vitamin D: 0.34µg (2.28%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.41µg (1.34%), Vitamin B6: 0.03mg (1.33%)