



Devil's Food Cupcakes for Two

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



582 kcal

DESSERT

Ingredients

- 6 tablespoons flour all-purpose
- 0.5 teaspoon double-acting baking powder
- 3 tablespoons granulated sugar
- 3 tablespoons brown sugar light packed
- 0.3 cup dutch-processed cocoa powder unsweetened
- 2 eggs
- 0.3 cup vegetable oil
- 0.3 cup milk

1 serving powdered sugar

Equipment

bowl

whisk

microwave

Directions

In medium bowl, mix flour, baking powder, granulated sugar, brown sugar and cocoa with whisk until thoroughly combined.

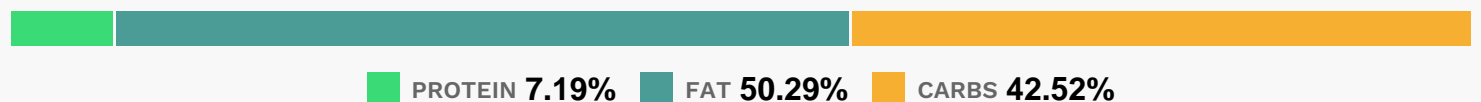
Add eggs, oil and milk; stir with whisk until smooth.

Pour batter evenly into 2 (1-cup) microwavable coffee cups. Microwave on High about 3 minutes or until outsides edges are firm and centers are almost set. Watch to make sure the batter doesn't overflow (if it looks like it's about to overflow, stop the microwave until the batter settles back down, then continue to heat).

Immediately sprinkle cupcakes with powdered sugar.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:137.55, Glycemic Load:25.78, Inflammation Score:-5, Nutrition Score:16.057391415472%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 582.31kcal (29.12%), Fat: 34.16g (52.56%), Saturated Fat: 7g (43.77%), Carbohydrates: 64.99g (21.66%), Net Carbohydrates: 60.4g (21.96%), Sugar: 41.21g (45.79%), Cholesterol: 167.34mg (55.78%), Sodium: 188.08mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.73mg (8.24%), Protein: 11g (21.99%), Vitamin K: 50.67µg (48.26%), Selenium: 23.6µg (33.72%), Manganese: 0.59mg (29.6%), Phosphorus: 243.76mg (24.38%),

Copper: 0.48mg (24.1%), Vitamin B2: 0.38mg (22.61%), Iron: 3.56mg (19.8%), Fiber: 4.59g (18.35%), Vitamin E: 2.73mg (18.2%), Magnesium: 69.42mg (17.36%), Folate: 65.47µg (16.37%), Calcium: 153.21mg (15.32%), Vitamin B1: 0.22mg (14.65%), Zinc: 1.59mg (10.6%), Vitamin B5: 0.94mg (9.38%), Vitamin B12: 0.56µg (9.27%), Potassium: 318.52mg (9.1%), Vitamin B3: 1.65mg (8.24%), Vitamin D: 1.22µg (8.1%), Vitamin B6: 0.12mg (6.17%), Vitamin A: 287.01IU (5.74%)