



DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 0.4 lb butter at room temperature
- 0.5 cup dutch-process cocoa unsweetened
- 2 large eggs
- 2 cups flour all-purpose
- 7 oz marshmallow creme
- 1 cup milk
  - 0.5 teaspoon salt

# Equipment

bowl
oven
knife
blender
skewers
muffin liners
pastry bag

## Directions

In a bowl, with a mixer on medium speed, beat butter and sugar until smooth.

Add eggs, one at a time, beating well after each addition and scraping down sides of bowl as needed.

In another bowl, mix flour, cocoa, baking powder, and salt. Stir in half the flour mixture into butter mixture. Stir in milk just until blended.

Add remaining flour mixture and stir just until incorporated. Spoon batter equally into 16 muffin cups (1/3-cup capacity; cups should be almost full) lined with paper baking cups.

Bake in a 350 regular or convection oven until tops spring back when lightly pressed in the center or a wooden skewer inserted into the center comes out clean, about 20 minutes.

Let cool in pans on racks for 5 minutes; remove cupcakes from pans and set on racks to cool completely, at least 30 minutes.

With a small, sharp knife, cut a cylinder about 3/4 inch wide and 1 inch deep from the center of the top of each cupcake. Trim off and discard about 1/2 inch from bottom of each cylinder. With a knife, hollow out a small cavity inside each cupcake.

Spoon marshmallow cream into pastry bag fitted with a 1/2-inch plain tip. Twist end of bag tightly to secure.

Place tip in cavity of one cupcake; without moving tip, squeeze filling into cavity, to 1/4 inch from top. Repeat to fill remaining cupcakes. Insert cake cylinders into holes.

Spoon chocolate cream cheese frosting into another pastry bag, fitted with a 3/4-inch star tip, and pipe onto tops of cupcakes, or spread on cupcakes with knife.

### **Nutrition Facts**

PROTEIN 5.01% 📕 FAT 32.94% 📒 CARBS 62.05%

### **Properties**

Glycemic Index:20.32, Glycemic Load:22.12, Inflammation Score:-3, Nutrition Score:4.9765217770701%

### Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

#### Nutrients (% of daily need)

Calories: 267.97kcal (13.4%), Fat: 10.29g (15.82%), Saturated Fat: 6.18g (38.65%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 42.18g (15.34%), Sugar: 27.19g (30.21%), Cholesterol: 47.94mg (15.98%), Sodium: 209.76mg (9.12%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.52g (7.04%), Selenium: 8.11µg (11.59%), Manganese: 0.21mg (10.65%), Vitamin B1: 0.14mg (9.09%), Vitamin B2: 0.14mg (8.26%), Folate: 32.71µg (8.18%), Phosphorus: 77.89mg (7.79%), Iron: 1.28mg (7.08%), Copper: 0.13mg (6.52%), Vitamin A: 324.13IU (6.48%), Calcium: 60.21mg (6.02%), Fiber: 1.42g (5.67%), Vitamin B3: 1.01mg (5.03%), Magnesium: 19.78mg (4.94%), Zinc: 0.45mg (2.98%), Potassium: 92.11mg (2.63%), Vitamin B12: 0.16µg (2.6%), Vitamin B5: 0.24mg (2.4%), Vitamin E: 0.33mg (2.21%), Vitamin D: 0.29µg (1.95%), Vitamin B6: 0.03mg (1.51%)