



Double-Chocolate Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 1.3 ounces chocolate dark finely chopped (70 percent cocoa)
- ☐ 0.5 cup egg substitute
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup buttermilk 1% low-fat
- ☐ 2 tablespoons powdered sugar
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour, cocoa, baking soda, and salt; stir with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well combined (about 3 minutes).
- ☐ Add egg substitute and vanilla, beating well.
- ☐ Add flour mixture and buttermilk alternately to granulated sugar mixture, beginning and ending with flour mixture. Fold in chocolate. Spoon batter into 12 muffin cups lined with muffin cup liners.
- ☐ Bake at 350 for 18 minutes or until cake springs back when touched lightly in center or until wooden pick inserted in center comes out clean.
- ☐ Remove from pan; cool completely on a wire rack.
- ☐ Sprinkle with powdered sugar just before serving.

Nutrition Facts



 PROTEIN **7.94%**  FAT **31.97%**  CARBS **60.09%**

Properties

Glycemic Index:18.17, Glycemic Load:13.86, Inflammation Score:-3, Nutrition Score:4.379999956359%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 153.44kcal (7.67%), Fat: 5.67g (8.72%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 22.48g (8.17%), Sugar: 13.9g (15.44%), Cholesterol: 10.66mg (3.55%), Sodium: 182.01mg (7.91%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Caffeine: 7.86mg (2.62%), Protein: 3.17g (6.34%), Selenium: 8.6µg (12.28%), Manganese: 0.22mg (11.19%), Copper: 0.16mg (8.12%), Iron: 1.39mg (7.71%), Vitamin B2: 0.12mg (6.99%), Vitamin B1: 0.1mg (6.8%), Fiber: 1.49g (5.97%), Magnesium: 23.73mg (5.93%), Folate: 22.46µg (5.62%), Phosphorus: 55.37mg (5.54%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.48mg (3.21%), Potassium: 107.08mg (3.06%), Vitamin A: 146.53IU (2.93%), Calcium: 27.02mg (2.7%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.3mg (2%), Vitamin B6: 0.03mg (1.28%), Vitamin B12: 0.07µg (1.21%), Vitamin D: 0.16µg (1.07%)