



WHATSheEATS



Double-Chocolate Cupcakes

READY IN



30 min.

SERVINGS



6

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup chocolate chips miniature
- ☐ 0.3 cup natural cocoa powder unsweetened (not Dutch process)
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup heavy cream
- ☐ 6 tablespoons mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

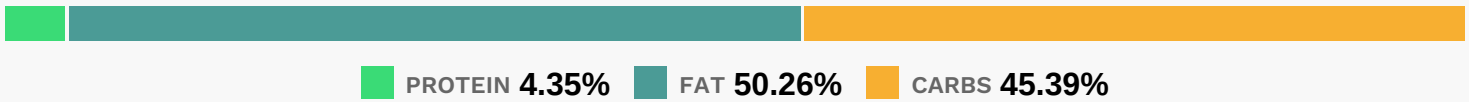
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Line a 6-cup standard-size muffin tin with paper or foil liners.
- ☐ In a medium bowl, whisk together flour, 1/4 cup cocoa powder, baking soda and salt. In a large mixing bowl, whisk together mayonnaise, vanilla and 1/2 cup sugar.
- ☐ Add 1/3 of flour mixture to mayonnaise mixture, then stir in 1/2 cup water. Fold in remaining flour mixture, stirring until batter is smooth. Stir in mini chocolate chips.
- ☐ Spoon batter into prepared muffin tin and bake until cupcakes are firm, 20 minutes.
- ☐ Let cupcakes cool completely in muffin tin.
- ☐ Combine heavy cream, remaining 1 Tbsp. sugar and remaining cocoa powder and whip with an electric mixer on high speed until cream just holds stiff peaks. Top each cupcake with whipped cream and serve.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:23.18, Inflammation Score:-4, Nutrition Score:6.5773912162884%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 361.96kcal (18.1%), Fat: 20.72g (31.87%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 39.94g (14.52%), Sugar: 23.71g (26.34%), Cholesterol: 29.79mg (9.93%), Sodium: 336.12mg (14.61%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.03g (8.06%), Vitamin K: 23.61µg (22.48%), Manganese: 0.28mg (14.12%), Selenium: 8.59µg (12.28%), Vitamin B1: 0.17mg (11.45%), Folate: 40.76µg (10.19%), Iron: 1.65mg (9.15%), Vitamin B2: 0.16mg (9.12%), Fiber: 2.16g (8.63%), Copper: 0.17mg (8.61%), Vitamin B3: 1.32mg (6.61%), Vitamin A: 323.05IU (6.46%), Phosphorus: 63.26mg (6.33%), Magnesium: 24.03mg (6.01%), Vitamin E: 0.66mg (4.39%), Calcium: 33.78mg (3.38%), Zinc: 0.46mg (3.07%), Potassium: 99.25mg (2.84%), Vitamin D: 0.35µg (2.3%), Vitamin B5: 0.18mg (1.75%), Vitamin B6: 0.02mg (1.08%)