



## Double-Chocolate Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



157 kcal

DESSERT

### Ingredients

- ☐ 18.3 ounce devil's food cake mix light
- ☐ 3 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 2 cups powdered sugar sifted
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 cup semi chocolate chips
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup water

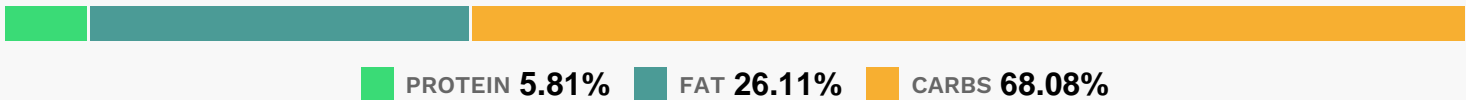
# Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ double boiler
- ☐ muffin liners
- ☐ serrated knife

# Directions

- ☐ Preheat oven to 35
- ☐ Combine cake mix, water, and eggs in a bowl, and beat at medium speed of a mixer 2 minutes.
- ☐ Divide batter evenly among 24 muffin cups coated with cooking spray.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans, and cool on a wire rack.
- ☐ Split each cupcake in half horizontally using string or a serrated knife.
- ☐ Combine chocolate chips, milk, and cocoa in the top of a double boiler. Cook over simmering water until chocolate melts, stirring occasionally.
- ☐ Remove from heat; stir in 2 cups powdered sugar and vanilla.
- ☐ Spread 2 teaspoons chocolate mixture over bottom half of each cupcake; top with top halves. Sift 2 tablespoons powdered sugar over tops of cupcakes.

# Nutrition Facts



# Properties

Glycemic Index:1.39, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.2086956138196%

# Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 156.81kcal (7.84%), Fat: 4.76g (7.33%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 27.04g (9.83%), Sugar: 19.58g (21.76%), Cholesterol: 23.44mg (7.81%), Sodium: 188.83mg (8.21%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Caffeine: 5.42mg (1.81%), Protein: 2.38g (4.77%), Phosphorus: 82.79mg (8.28%), Iron: 1.29mg (7.18%), Selenium: 4.95µg (7.08%), Copper: 0.14mg (7.02%), Manganese: 0.1mg (5%), Magnesium: 17.75mg (4.44%), Vitamin B2: 0.07mg (4.19%), Calcium: 41.61mg (4.16%), Folate: 16.55µg (4.14%), Fiber: 0.9g (3.59%), Potassium: 104.86mg (3%), Vitamin B1: 0.04mg (2.78%), Zinc: 0.36mg (2.39%), Vitamin E: 0.32mg (2.11%), Vitamin B3: 0.38mg (1.92%), Vitamin B5: 0.14mg (1.42%), Vitamin B12: 0.07µg (1.23%), Vitamin B6: 0.02mg (1.1%), Vitamin D: 0.15µg (1.02%)