



## Double Chocolate Fudge Cups

 Gluten Free  Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



201 kcal

DESSERT

### Ingredients

- 0.5 cup firmly brown sugar packed
- 1 Tbsp canola oil
- 4 large egg whites
- 3 oz baker's semi-sweet chocolate
- 0.3 cup cocoa powder unsweetened
- 4 Tbsp cool whip lite whipped topping thawed

### Equipment

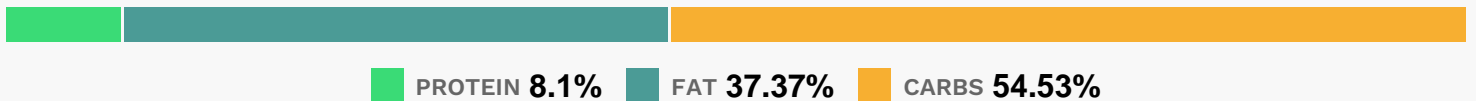
- bowl

- frying pan
- oven
- hand mixer
- microwave
- muffin liners
- measuring cup

## Directions

- Preheat oven to 350F. Microwave chocolate and oil in glass measuring cup on HIGH 1 to 2 min. or until completely melted. Stir in cocoa powder; let stand at least 5 min.
- Beat egg whites and sugar in medium bowl with electric mixer on high speed 3 min. or until tripled in volume. Reduce speed to medium low; blend in melted chocolate mixture until well combined. Spoon batter into 6 paper-lined medium muffin cups. (Muffin cups can be almost full.)
- Bake 18 min. or until puffed and center is set.
- Remove from oven; let stand in pan 5 min.
- Serve warm with whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.3382609097854%

## Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 201.42kcal (10.07%), Fat: 8.85g (13.61%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 26.15g (9.51%), Sugar: 23.93g (26.59%), Cholesterol: 0.91mg (0.3%), Sodium: 46.23mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.18mg (7.73%), Protein: 4.31g (8.63%), Manganese: 0.39mg (19.26%), Copper: 0.37mg (18.6%), Magnesium: 53.07mg (13.27%), Fiber: 2.9g (11.61%), Iron: 1.71mg (9.5%), Selenium:

6.57µg (9.38%), Phosphorus: 78.18mg (7.82%), Vitamin B2: 0.12mg (6.93%), Potassium: 216.27mg (6.18%), Zinc: 0.72mg (4.77%), Vitamin E: 0.51mg (3.41%), Calcium: 33.79mg (3.38%), Vitamin K: 2.9µg (2.76%), Vitamin B3: 0.27mg (1.35%), Vitamin B5: 0.12mg (1.21%)