

Double Chocolate Surprise Cupcakes







DESSERT

Ingredients

1 teas	spoon baking soda
0.5 c	eup brown sugar packed
1 cup	butter softened
1 cup	buttermilk
6 oz	baker's chocolate unsweetened cooled melted
15.5 0	oz chocolate frosting with betty crocker) canned
4 larg	ge eggs
2 cup	os flour all-purpose
1 cup	granulated sugar

	7 oz marshmallow creme	
	0.3 teaspoon salt	
	14 servings sprinkles assorted	
	1 teaspoon vanilla extract	
Equipment		
	oven	
	wire rack	
	hand mixer	
Directions		
	Beat butter at medium speed with an electric mixer until fluffy; gradually add sugars, beating well.	
	Add eggs, 1 at a time, beating after each addition.	
	Add melted chocolate and vanilla, mixing well.	
	Combine flour, baking soda, and salt; add to batter alternately with buttermilk, beginning and ending with flour.	
	Mix at low speed after each addition until blended.	
	Spoon batter into paper-lined standard muffin pans, filling each cup full.	
	Bake at 350 for 15 to 18 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pans.	
	Remove from pans, and cool completely on a wire rack.	
	Take a plug out of center top of each cupcake, going pretty deep but not quite to the bottom of each cake. (Reserve these little cupcake pieces.)	
	Spoon marshmallow crme into a zip-top freezer bag; seal bag, and cut a hole (about 1/2") in 1 corner. Squirt crme into hole of each cupcake. Replace just the top portion of each cupcake piece to regain a smooth top. Gently frost cupcakes; decorate as desired.	
	*We tested with peppermint candies and a Winter Wonderland decorating kit from Williams-Sonoma.	

Nutrition Facts

Properties

Glycemic Index:16.15, Glycemic Load:20.1, Inflammation Score:-5, Nutrition Score:10.305652234865%

Flavonoids

Catechin: 7.82mg, Catechin: 7.82mg, Catechin: 7.82mg, Catechin: 7.82mg Epicatechin: 17.23mg, Epicatechin: 17.23mg, Epicatechin: 17.23mg, Epicatechin: 17.23mg

Nutrients (% of daily need)

Calories: 569.43kcal (28.47%), Fat: 27.7g (42.61%), Saturated Fat: 15.28g (95.51%), Carbohydrates: 81.46g (27.15%), Net Carbohydrates: 78.68g (28.61%), Sugar: 58.9g (65.44%), Cholesterol: 89.89mg (29.96%), Sodium: 325.32mg (14.14%), Alcohol: 0.1g (100%), Alcohol %: 0.08% (100%), Caffeine: 10.35mg (3.45%), Protein: 6.25g (12.51%), Manganese: 0.71mg (35.72%), Copper: 0.5mg (25.04%), Iron: 3.71mg (20.61%), Selenium: 12.65µg (18.07%), Phosphorus: 139.76mg (13.98%), Magnesium: 54.74mg (13.69%), Vitamin B2: 0.21mg (12.29%), Vitamin B1: 0.18mg (11.78%), Folate: 44.53µg (11.13%), Fiber: 2.78g (11.13%), Zinc: 1.65mg (11.03%), Vitamin A: 510.94IU (10.22%), Vitamin E: 1.09mg (7.25%), Potassium: 239.38mg (6.84%), Vitamin B3: 1.3mg (6.5%), Calcium: 55.79mg (5.58%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.23µg (3.89%), Vitamin D: 0.51µg (3.39%), Vitamin B6: 0.05mg (2.35%), Vitamin K: 2.46µg (2.34%)