



Double Dark Chocolate-Coconut Cupcakes

 Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



435 kcal

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 1 cup granulated sugar
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon baking soda
- 0.5 teaspoon salt
- 1 cup soymilk
- 0.5 cup vegetable oil
- 1 tablespoon apple cider vinegar

- 1.5 teaspoons vanilla
- 0.5 cup dairy free chocolate chips miniature
- 0.5 cup butter softened
- 0.3 cup virgin olive oil melted (solid, not)
- 1 teaspoon vanilla
- 2 teaspoons water
- 3 tablespoons cocoa powder unsweetened
- 3 cups powdered sugar sifted

Equipment

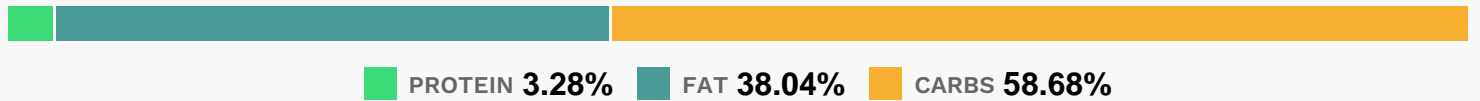
- bowl
- oven
- whisk
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F. Line 12 mini and 12 regular-size muffin cups with paper baking cups. In large bowl, using whisk, mix flour, granulated sugar, 1/2 cup cocoa, the baking soda and salt. In medium bowl, using whisk, mix soymilk, canola oil, vinegar and 1 1/2 teaspoons vanilla.
- Pour wet mixture into dry mixture; beat with whisk until well mixed. Stir in chocolate chips. Fill each mini muffin cup with 1 level measuring tablespoon batter. Divide remaining batter among regular-size muffin cups.
- Bake mini cupcakes 12 to 16 minutes or until toothpick inserted in center comes out clean.
- Bake regular-size cupcakes 22 to 26 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.

- For frosting, in large bowl, beat margarine, coconut oil, 1 teaspoon vanilla and 2 teaspoons of the water with electric mixer on low speed until smooth. Beat in 3 tablespoons cocoa and the powdered sugar, 1 cup at a time. Gradually beat in just enough remaining water until smooth and spreadable.
- To assemble cupcake stacks, remove paper baking cups. Pipe frosting on top of 1 regular-size cupcake. Top with 1 mini cupcake; frost top of mini cupcake. Repeat with remaining cupcakes and frosting.
- Garnish with chocolate curls and coconut, if desired.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:20.47, Inflammation Score:-5, Nutrition Score:6.8065217992534%

Flavonoids

Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epicatechin: 9.49mg, Epicatechin: 9.49mg, Epicatechin: 9.49mg, Epicatechin: 9.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 435.1kcal (21.76%), Fat: 19.21g (29.55%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 66.67g (22.22%), Net Carbohydrates: 63.88g (23.23%), Sugar: 50.23g (55.81%), Cholesterol: 0mg (0%), Sodium: 289.51mg (12.59%), Alcohol: 0.29g (100%), Alcohol %: 0.3% (100%), Caffeine: 11.12mg (3.71%), Protein: 3.73g (7.46%), Manganese: 0.3mg (14.96%), Vitamin E: 1.82mg (12.1%), Copper: 0.23mg (11.7%), Iron: 2.1mg (11.65%), Fiber: 2.79g (11.17%), Selenium: 6.72µg (9.6%), Vitamin B1: 0.14mg (9.31%), Folate: 36.53µg (9.13%), Vitamin B3: 1.68mg (8.41%), Vitamin A: 415.61IU (8.31%), Vitamin B2: 0.14mg (8.3%), Magnesium: 28.01mg (7%), Vitamin K: 7.12µg (6.78%), Phosphorus: 54.68mg (5.47%), Calcium: 49.44mg (4.94%), Vitamin B12: 0.22µg (3.7%), Potassium: 125.05mg (3.57%), Zinc: 0.49mg (3.28%), Vitamin B6: 0.06mg (2.97%), Vitamin C: 1.43mg (1.74%), Vitamin D: 0.24µg (1.57%)