



Double Shot Mocha Latte Cupcakes



Vegetarian

READY IN

ready

145 min.

SERVINGS

servings

18

CALORIES

calories

379 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons confectioners' sugar
- ☐ 0.5 cup chocolate chips dark
- ☐ 2 cups chocolate chips dark
- ☐ 0.5 cup dutch process cocoa powder
- ☐ 3 large eggs
- ☐ 0.5 cup espresso grounds hot
- ☐ 1 tablespoon espresso grounds cold

- ☐ 1.3 cups granulated sugar
- ☐ 0.8 cup heavy cream
- ☐ 1.5 cups heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups unbleached flour
- ☐ 1 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil

Equipment

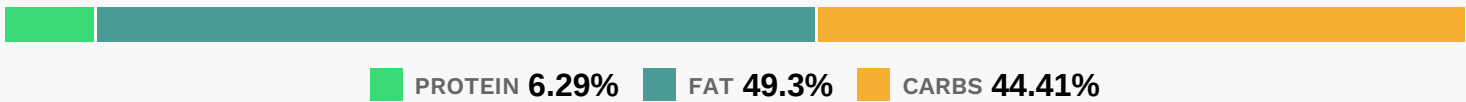
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ stand mixer
- ☐ ice cream scoop
- ☐ muffin liners
- ☐ pastry bag
- ☐ apple corer
- ☐ melon baller

Directions

- ☐ Put the chips in a medium bowl.
- ☐ Heat the heavy cream in a small saucepan just until it bubbles around the sides. Immediately pour the hot cream over the chocolate, give the bowl a good shake and let stand 10 minutes, shaking the bowl occasionally. Then whisk until the mixture is homogenous, 20 to 30 seconds. Chill about 40 minutes, stirring occasionally and scraping down the sides, until the mixture is almost spreadable. Give it another brief whisk, and let stand at room temperature until it's at frosting consistency.

- ☐ For the cupcakes: Preheat the oven to 325 degrees F. Line standard muffin pans with 20 cupcake liners. In a small bowl, stir the chocolate chips into the hot espresso until melted; cool in the refrigerator to room temperature.
- ☐ Sift the flour, cocoa powder, baking powder and salt into a bowl. In the bowl of an electric stand mixer with a paddle attachment, beat the eggs, granulated sugar, applesauce, oil and vanilla at medium-high speed for about 2 minutes. Beat in the cooled chocolate mixture until the mixture is homogenous. With the mixer on medium-low speed, add the flour mixture and beat just until incorporated, scraping the sides as necessary. It's ok if the batter is slightly lumpy. Using a 1/4-cup ice cream scoop, fill each cupcake liner with batter.
- ☐ Bake until a cake tester inserted in the center comes out with a few moist crumbs attached, 18 to 20 minutes.
- ☐ Transfer the pans to cooling racks and cool for about 10 minutes, and then transfer the cupcakes to the racks to cool completely before filling and frosting.
- ☐ While the cupcakes cool, make the filling: In the bowl of an electric mixer fitted with a whisk attachment, whip the cream and confectioners' sugar to firm peaks. On low speed, whisk in the espresso. Use immediately, or hold in the refrigerator until ready to assemble.
- ☐ To assemble: Use an apple corer or melon baller to remove the center from each cupcake, about three-quarters of the way into the cupcake. Use a pastry bag to pipe some of the espresso cream filling into the centers. Pipe a large rosette of dark chocolate ganache on top of each cupcake.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:16.39, Inflammation Score:-4, Nutrition Score:7.0252174216768%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 5.43mg, Epicatechin: 5.43mg, Epicatechin: 5.43mg, Epicatechin: 5.43mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 378.59kcal (18.93%), Fat: 21.22g (32.65%), Saturated Fat: 14.77g (92.33%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 40.7g (14.8%), Sugar: 25.54g (28.38%), Cholesterol: 64.87mg (21.62%), Sodium: 184.06mg (8%), Alcohol: 0.08g (100%), Alcohol %: 0.08% (100%), Caffeine: 19.86mg (6.62%), Protein: 6.1g (12.19%),

Selenium: 10.74µg (15.34%), Calcium: 145.26mg (14.53%), Manganese: 0.25mg (12.37%), Phosphorus: 112.03mg (11.2%), Vitamin B2: 0.17mg (10.1%), Vitamin A: 489.03IU (9.78%), Fiber: 2.32g (9.27%), Zinc: 1.35mg (9.01%), Copper: 0.18mg (8.96%), Magnesium: 33.51mg (8.38%), Potassium: 266.81mg (7.62%), Vitamin E: 0.93mg (6.22%), Iron: 1.08mg (5.98%), Vitamin K: 5.31µg (5.05%), Vitamin B5: 0.47mg (4.66%), Vitamin D: 0.64µg (4.28%), Vitamin B3: 0.84mg (4.21%), Folate: 16.18µg (4.04%), Vitamin B6: 0.07mg (3.44%), Vitamin B1: 0.05mg (3.39%), Vitamin B12: 0.19µg (3.2%)