



## Fauxtess Cupcakes

READY IN



80 min.

SERVINGS



24

CALORIES



471 kcal

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon baking soda
- 0.8 cup butter
- 2 tablespoons butter
- 0.8 cup cocoa powder
- 2 cups powdered sugar sifted
- 4 cups powdered sugar
- 2 cups plus light
- 3 egg whites

- 3 eggs
- 2 cups flour
- 0.8 cup cup heavy whipping cream
- 2 tablespoons espresso powder instant
- 1.5 cups milk
- 3 tablespoons powdered egg whites
- 0.5 teaspoon salt
- 8 ounces bittersweet chocolate
- 2 cups sugar
- 1 tablespoon vanilla
- 2 teaspoons vanilla
- 1 tablespoon vanilla extract
- 6 tablespoons water

## Equipment

- bowl
- oven
- whisk
- mixing bowl
- wire rack
- blender
- muffin liners
- pastry bag
- offset spatula
- mini muffin tray
- chopsticks

## Directions

- Preheat oven to 350. Beat butter until softened.

- Add sugar and beat until light and fluffy, about 3 minutes.
- Add eggs, one at a time, beating 30 seconds after each addition. Measure the flour, baking soda, salt, cocoa powder, and espresso powder into a medium sized bowl and whisk to combine. Measure the milk and vanilla into a measuring thing.
- Add about a third of the dry ingredients to the butter/sugar and beat to combine.
- Add about a half of the milk/vanilla and beat to combine. Continue adding, alternating between dry and wet and finishing with the dry. Scoop batter into mini cupcake pan lined with cups or sprayed with a nonstick butter spray. Cupcake cups should be only about 3/4 full.
- Bake at 350 degrees for about 15-18 minutes or until a cake tester comes out clean.
- Remove cupcakes and let cool on a wire rack- during this time- prepare the marshmallow cream and put into a pastry bag to pipe into the center of the cupcake (for filling). In a large mixing bowl combine egg whites, syrup and salt. Beat for 10 minutes until thick.
- Add confectioners' sugar at low speed. Then add vanilla extract and beat until blended. Pipe into the centers of the cupcakes (I take a chopstick and stick it in the center about halfway down and make small circles- widening as I go- about dime to nickel size- no bigger though). For the Ganache- Bring the heavy cream and butter to just boiling, immediately remove and pour over the coarsely chopped chocolate and whisk until smooth, add vanilla or liquor of choice at this time and let cool slightly- make a crumb coat on the top of the cupcake to ensure a smooth top, place in fridge for 5 min to set the coat, then dip the top of the cupcakes into the ganache- it will smooth out as it cools- flatten out any major peaks though- make it smooth with a spoon back or offset spatula.
- Put the cupcakes back into fridge for about 10 minutes. At this time- make the royal icing. (ps: keep ganache leftovers- place in fridge for a few hours, remove and roll into truffles- then roll in cocoa or powdered sugar -- yum). Take the powdered egg whites, powdered sugar and mix in mixer till combined.
- Add warm water 1 tbsp at a time till the consistency is a bit thicker than toothpaste- about 5 to 7 minutes- should NOT be at ALL runny- but use it quick- it hardens fast. Pipe the "hostess" squiggles on top and viola- Fauxtess cupcakes --.Enjoy-.

## Nutrition Facts

     
 PROTEIN **3.71%**  FAT **26.99%**  CARBS **69.3%**

## Properties

Glycemic Index:12.59, Glycemic Load:21.81, Inflammation Score:-4, Nutrition Score:6.1252174502158%

## Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 471.23kcal (23.56%), Fat: 14.61g (22.47%), Saturated Fat: 8.73g (54.55%), Carbohydrates: 84.36g (28.12%), Net Carbohydrates: 82.33g (29.94%), Sugar: 72.56g (80.62%), Cholesterol: 49.02mg (16.34%), Sodium: 195.98mg (8.52%), Alcohol: 0.52g (100%), Alcohol %: 0.45% (100%), Caffeine: 27.39mg (9.13%), Protein: 4.52g (9.04%), Manganese: 0.31mg (15.73%), Selenium: 8.9µg (12.72%), Copper: 0.25mg (12.34%), Vitamin B2: 0.17mg (9.72%), Magnesium: 38.23mg (9.56%), Phosphorus: 90.6mg (9.06%), Iron: 1.61mg (8.95%), Fiber: 2.03g (8.13%), Vitamin B1: 0.12mg (7.78%), Vitamin A: 374.89IU (7.5%), Folate: 23.29µg (5.82%), Zinc: 0.8mg (5.33%), Potassium: 175.02mg (5%), Vitamin B3: 0.91mg (4.57%), Calcium: 45.22mg (4.52%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.4µg (2.64%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.39mg (2.6%), Vitamin B6: 0.03mg (1.67%), Vitamin K: 1.67µg (1.59%)