



Frosted Chocolate Malt Cupcakes

READY IN



80 min.

SERVINGS



16

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 cup liquid malt extract
- ☐ 0.7 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 2 tablespoons liquid malt extract
- ☐ 2 tablespoons milk

- ☐ 2 cups powdered sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.3 cup butter softened
- ☐ 1.5 cups frangelico

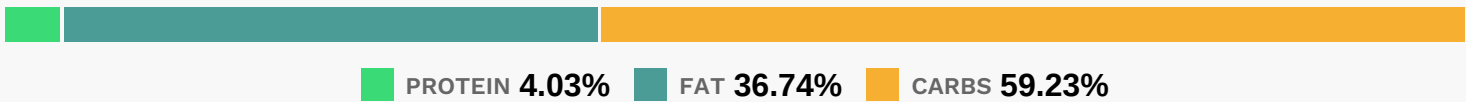
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Line 16 regular-size muffin cups with paper baking cups. In large bowl, beat all cupcake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Spoon evenly into muffin cups.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan. Cool completely, about 30 minutes.
- ☐ In medium bowl, stir together malted milk powder and milk; let stand 5 minutes.
- ☐ Add remaining frosting ingredients; beat with electric mixer on medium speed 1 to 2 minutes or until smooth.
- ☐ Spread frosting over cupcakes.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:6.76, Inflammation Score:-2, Nutrition Score:2.7295652255416%

Flavonoids

Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 181.97kcal (9.1%), Fat: 7.74g (11.91%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 27.29g (9.92%), Sugar: 25.95g (28.84%), Cholesterol: 22.54mg (7.51%), Sodium: 57.39mg (2.5%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.84mg (1.61%), Protein: 1.91g (3.82%), Vitamin K: 6.51µg (6.2%), Phosphorus: 48.78mg (4.88%), Vitamin B2: 0.08mg (4.55%), Copper: 0.09mg (4.55%), Manganese: 0.09mg (4.53%), Selenium: 2.8µg (4%), Magnesium: 15.2mg (3.8%), Vitamin A: 181.99IU (3.64%), Fiber: 0.78g (3.12%), Vitamin E: 0.46mg (3.09%), Calcium: 29.79mg (2.98%), Iron: 0.42mg (2.34%), Vitamin B12: 0.14µg (2.31%), Potassium: 80mg (2.29%), Zinc: 0.29mg (1.95%), Vitamin D: 0.24µg (1.62%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.15mg (1.54%), Vitamin B6: 0.03mg (1.52%), Folate: 4.51µg (1.13%), Vitamin B3: 0.2mg (1.02%)