



Fudgy Baby Cakes

READY IN



45 min.

SERVINGS



24

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 6 oz semisweet chocolate baking squares
- ☐ 1 cup butter
- ☐ 4 large eggs
- ☐ 1 cups paper baking
- ☐ 24 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup soft-wheat flour all-purpose

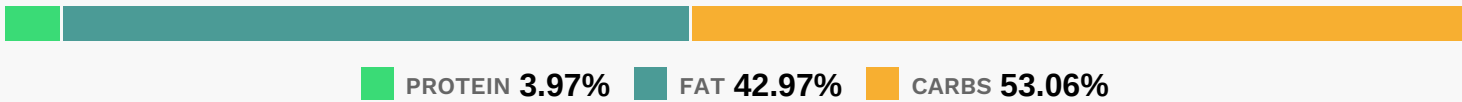
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ Pour water to a depth of 1 inch into bottom of a double boiler over medium heat; bring to a boil. Reduce heat, and simmer; place chocolate and butter in top of double boiler over simmering water. Cook, stirring occasionally, 5 to 6 minutes or until melted.
- ☐ Remove mixture from heat, and cool 10 minutes.
- ☐ Whisk together sugar, flour, and eggs in a large bowl; add chocolate mixture, stirring just until combined. Stir in vanilla and salt.
- ☐ Place paper baking cups in 2 (12-cup) muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- ☐ Bake for 12 to 15 minutes. Be careful not to over bake; they should be gooey. (They will crack and sink in the middle; this is normal.) Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely.
- ☐ Sift powdered sugar over the top of each cupcake.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:13.06, Inflammation Score:-2, Nutrition Score:3.5847826012127%

Nutrients (% of daily need)

Calories: 249.35kcal (12.47%), Fat: 12.05g (18.53%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 32.66g (11.88%), Sugar: 25.66g (28.51%), Cholesterol: 51.86mg (17.29%), Sodium: 161.82mg (7.04%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.5g (5%), Selenium:

5.52µg (7.89%), Manganese: 0.15mg (7.52%), Phosphorus: 72.09mg (7.21%), Vitamin B2: 0.1mg (5.7%), Vitamin A: 285.11IU (5.7%), Copper: 0.11mg (5.57%), Iron: 0.99mg (5.49%), Vitamin B1: 0.08mg (5.05%), Folate: 19.98µg (5%), Magnesium: 16.1mg (4.02%), Fiber: 0.81g (3.25%), Vitamin B3: 0.61mg (3.03%), Zinc: 0.37mg (2.49%), Vitamin E: 0.36mg (2.39%), Vitamin B5: 0.23mg (2.27%), Calcium: 21.34mg (2.13%), Vitamin B12: 0.12µg (2.04%), Potassium: 68.63mg (1.96%), Vitamin K: 1.54µg (1.46%), Vitamin B6: 0.02mg (1.15%), Vitamin D: 0.17µg (1.11%)