



German Chocolate Cupcakes

READY IN



350 min.

SERVINGS



12

CALORIES



621 kcal

DESSERT

Ingredients

- ☐ 2 ounce baking chocolate sweet
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup buttermilk sour
- ☐ 12 servings caramel ice cream topping
- ☐ 0.5 gallon ice-cream chocolate shell
- ☐ 0.7 cup coconut or shaved toasted
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup water

Equipment

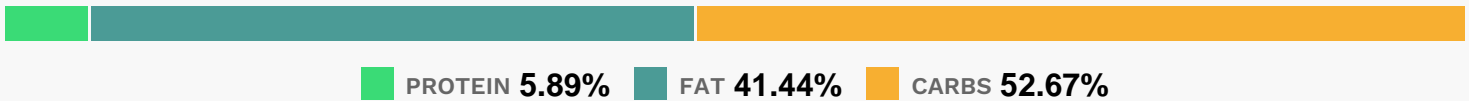
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cookie cutter
- ☐ muffin liners

Directions

- ☐ Chocolate-Pecan Ice Cream: Line a cookie sheet with waxed paper; set aside. Slice chocolate ice cream into sheets about 2 inches thick. Use a cookie cutter to cut rounds just larger than the cupcakes from frozen ice cream.
- ☐ Place on waxed paper-lined cookie sheet. Press toasted pecan pieces into ice cream letting pecans protrude from the ice cream. Cover and freeze 4 hours or overnight.
- ☐ Preheat oven to 350 degrees F. Line twelve 2-1/2-inch muffin cups with paper baking cups. Set aside.
- ☐ In a small bowl stir together flour, baking soda, and salt; set aside.
- ☐ In a small saucepan combine chocolate and water. Cook and stir over low heat until melted; cool about 10 minutes.
- ☐ In a large bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Beat in sugar until fluffy.
- ☐ Add eggs and vanilla; beat on low speed until combined then beat on medium speed for 1 minute. Beat in chocolate mixture.

- ☐ Add the flour mixture and buttermilk alternately to beaten mixture, beating on low speed after each addition just until combined. Spoon batter into bake cups, filling cups about 2/3 full.
- ☐ Bake about 25 minutes or until a wooden toothpick comes out clean. Cool in pans on wire racks for 10 minutes.
- ☐ Remove from pans. Cool thoroughly.
- ☐ Just before serving, heat caramel ice cream topping until warm.
- ☐ Remove wrappers from cupcakes; place cupcakes on plates or in shallow bowls. Top each cupcake with one round of Chocolate-Pecan Ice Cream "Frosting." Top with toasted coconut and drizzle with warm caramel ice cream topping.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:33.04, Inflammation Score:-7, Nutrition Score:13.037391222042%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 621.47kcal (31.07%), Fat: 30.14g (46.37%), Saturated Fat: 18.87g (117.94%), Carbohydrates: 86.18g (28.73%), Net Carbohydrates: 82.82g (30.12%), Sugar: 72.07g (80.08%), Cholesterol: 102.34mg (34.11%), Sodium: 434.63mg (18.9%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Caffeine: 8.51mg (2.84%), Protein: 9.64g (19.27%), Manganese: 0.58mg (28.94%), Vitamin B2: 0.42mg (24.63%), Phosphorus: 244.84mg (24.48%), Calcium: 216.63mg (21.66%), Copper: 0.41mg (20.47%), Vitamin A: 984.6IU (19.69%), Magnesium: 69.04mg (17.26%), Iron: 3.02mg (16.77%), Selenium: 11.59µg (16.56%), Potassium: 511.63mg (14.62%), Fiber: 3.36g (13.43%), Folate: 51.81µg (12.95%), Vitamin B5: 1.16mg (11.65%), Vitamin B1: 0.17mg (11.07%), Vitamin B12: 0.66µg (10.95%), Zinc: 1.63mg (10.9%), Vitamin B6: 0.11mg (5.57%), Vitamin E: 0.83mg (5.55%), Vitamin B3: 1.08mg (5.39%), Vitamin D: 0.59µg (3.95%), Vitamin C: 1.45mg (1.76%), Vitamin K: 1.69µg (1.61%)