



German Chocolate Cupcakes with Caramel Icing

READY IN



45 min.

SERVINGS



18

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 4 ounces baking chocolate sweet chopped
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 6 tablespoons butter
- ☐ 0.5 cup brown sugar dark packed
- ☐ 0.5 cup egg substitute
- ☐ 2 cups flour all-purpose

- ☐ 1.3 cups granulated sugar
- ☐ 0.5 cup evaporated milk low-fat
- ☐ 2 tablespoons pecans toasted chopped
- ☐ 2 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons coconut or sweetened flaked toasted
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

Equipment

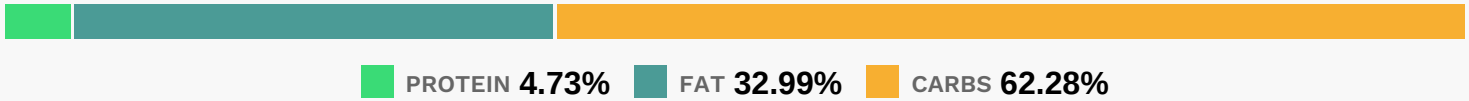
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cupcakes, place 6 tablespoons butter and chocolate in a large microwave-safe bowl; microwave at high 1 minute, stirring after 30 seconds. Stir until chocolate melts. Stir in granulated sugar, water, and 2 teaspoons vanilla.
- ☐ Add egg substitute, stirring mixture with a whisk.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt, stirring with a whisk.
- ☐ Add flour mixture to chocolate mixture, stirring with a whisk until smooth.

- ☐ Place 18 paper muffin cup liners in muffin cups; spoon batter evenly into lined muffin cups.
- ☐ Bake at 350 for 18 minutes or until a wooden pick inserted in center of a cupcake comes out clean. Cool on a wire rack.
- ☐ To prepare icing, melt 1/4 cup butter in a medium saucepan over medium heat.
- ☐ Add brown sugar; cook 3 minutes, stirring constantly with a whisk.
- ☐ Add milk, and cook 3 minutes, stirring constantly.
- ☐ Remove from heat; stir in 2 teaspoons vanilla. Gradually add powdered sugar, stirring with a whisk until smooth. Working quickly, spread each cupcake with about 1 1/2 tablespoons frosting; sprinkle cupcakes evenly with pecans and coconut.

Nutrition Facts



Properties

Glycemic Index:19.28, Glycemic Load:17.4, Inflammation Score:-3, Nutrition Score:5.5513043402006%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 292.36kcal (14.62%), Fat: 11.2g (17.23%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 45.86g (16.68%), Sugar: 34.48g (38.31%), Cholesterol: 18.02mg (6.01%), Sodium: 155.13mg (6.74%), Alcohol: 0.15g (100%), Alcohol %: 0.24% (100%), Caffeine: 5.04mg (1.68%), Protein: 3.62g (7.23%), Manganese: 0.43mg (21.48%), Copper: 0.25mg (12.45%), Selenium: 8.59µg (12.28%), Iron: 2mg (11.1%), Vitamin B1: 0.13mg (8.95%), Folate: 28.84µg (7.21%), Magnesium: 27.66mg (6.92%), Fiber: 1.69g (6.76%), Vitamin B2: 0.11mg (6.51%), Zinc: 0.84mg (5.62%), Phosphorus: 54.3mg (5.43%), Vitamin B3: 0.95mg (4.76%), Vitamin A: 211.53IU (4.23%), Calcium: 30.11mg (3.01%), Potassium: 103.07mg (2.94%), Vitamin E: 0.34mg (2.24%), Vitamin B5: 0.21mg (2.11%), Vitamin K: 1.25µg (1.19%), Vitamin B6: 0.02mg (1.12%)