



Glazed Dark Chocolate Cupcakes

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



161 kcal

DESSERT

Ingredients

- 1.5 oz baker's chocolate finely chopped (3 squares from 4-oz bar)
- 6 tablespoons cocoa powder dark unsweetened
- 0.5 teaspoon espresso powder instant
- 0.5 cup skim milk fat-free (skim)
- 0.8 cup flour whole wheat white
- 0.8 teaspoon baking soda
- 0.3 teaspoon salt
- 0.3 cup eggs fat-free

- 0.5 cup granulated sugar
- 0.3 cup brown sugar packed
- 3 tablespoons canola oil
- 2 teaspoons vanilla
- 2 teaspoons skim milk fat-free (skim)
- 1 tablespoon cocoa powder dark unsweetened
- 1 oz weight cream cheese fat-free (from 8-oz package)
- 0.3 cup powdered sugar
- 0.1 teaspoon vanilla
- 1 pinch salt
- 0.3 oz baker's chocolate grated ()

Equipment

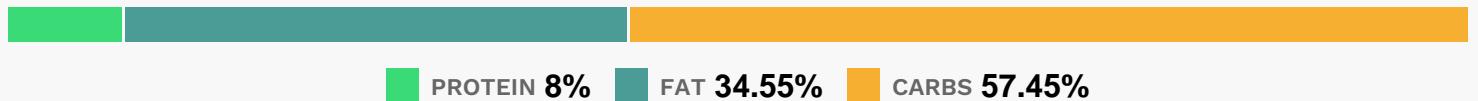
- bowl
- oven
- wire rack
- hand mixer
- microwave
- muffin liners
- measuring cup

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In small bowl, add 1 1/2 oz chocolate, 6 tablespoons cocoa and the espresso powder; set aside. In small microwavable measuring cup, microwave 1/2 cup milk uncovered on High (100%) 30 seconds or until steaming but not boiling.
- Pour over chocolate mixture; stir. Cover; let stand 5 minutes. Stir until smooth.

- Meanwhile, in medium bowl, stir flour, baking soda and 1/4 teaspoon salt; set aside. In large bowl, beat egg product with electric mixer on medium speed 30 seconds. Gradually add sugars, about 1/4 cup at a time, beating well after each addition. Beat 2 minutes longer. Beat in oil and 2 teaspoons vanilla. Beat about one-third of the flour mixture and about one-half of the chocolate mixture at a time alternately into sugar mixture on low speed until blended.
- Divide batter evenly among muffin cups, filling each about 2/3 full.
- Bake 20 to 25 minutes or until tops spring back when touched lightly in center. Cool 5 minutes; remove from muffin cups to cooling rack. Cool completely before glazing.
- In small bowl or microwavable custard cup, heat 2 teaspoons milk uncovered on High (100%) about 10 seconds or until hot. Stir in 1 tablespoon cocoa until smooth; set aside.
- In separate small bowl, stir cream cheese until smooth. Stir in cocoa mixture until blended. Stir in powdered sugar. Stir in vanilla and salt until mixture is smooth and shiny.
- Spoon about 1 teaspoon glaze over each cupcake; spread to edge with back of spoon.
- Sprinkle about 1/4 teaspoon grated chocolate over each glazed cupcake.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:6, Inflammation Score:-2, Nutrition Score:4.2956521847974%

Flavonoids

Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg Epicatechin: 11.59mg, Epicatechin: 11.59mg, Epicatechin: 11.59mg, Epicatechin: 11.59mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 161.41kcal (8.07%), Fat: 6.73g (10.35%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 22.66g (8.24%), Sugar: 16.91g (18.79%), Cholesterol: 19.45mg (6.48%), Sodium: 151.49mg (6.59%), Alcohol: 0.24g (100%), Alcohol %: 0.57% (100%), Caffeine: 11.32mg (3.77%), Protein: 3.5g (7.01%), Manganese: 0.29mg (14.61%), Copper: 0.25mg (12.62%), Fiber: 2.52g (10.06%), Iron: 1.44mg (7.97%), Magnesium: 31.16mg (7.79%), Phosphorus: 72.49mg (7.25%), Zinc: 0.75mg (5.01%), Vitamin E: 0.69mg (4.57%), Calcium: 42.7mg (4.27%), Selenium: 2.77µg (3.96%), Potassium: 127.75mg (3.65%), Vitamin B2: 0.06mg (3.41%), Vitamin K: 2.99µg (2.85%), Vitamin B12: 0.13µg (2.19%), Vitamin B5: 0.16mg (1.58%), Vitamin D: 0.22µg (1.48%), Folate: 5.56µg (1.39%), Vitamin B1: 0.02mg (1.17%), Vitamin B6: 0.02mg (1.14%), Vitamin A: 51.11IU (1.02%)