



Gluten Free Chocolate Cupcakes



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



24

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 eggs
- ☐ 1 cup milk
- ☐ 0.8 cup millet flour
- ☐ 1.5 cups rice flour white
- ☐ 1 teaspoon salt
- ☐ 0.7 cup cup heavy whipping cream sour

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups sugar white
- ☐ 1 teaspoon xanthan gum

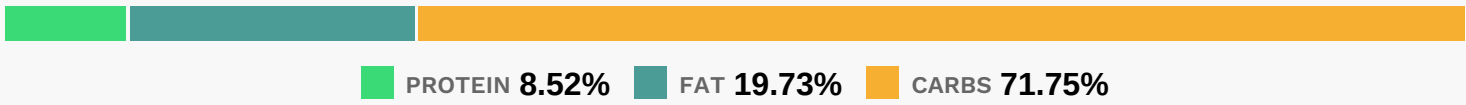
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with paper baking cups.
- ☐ In a medium bowl, stir together the rice flour, millet flour, cocoa, salt, baking soda, baking powder and xanathan gum. In a separate large bowl, beat the eggs, sugar, sour cream, milk and vanilla. Stir in the dry ingredients until smooth. Spoon the batter into the prepared cups, dividing evenly.
- ☐ Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:15.66, Inflammation Score:-1, Nutrition Score:3.5543478296503%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 125.65kcal (6.28%), Fat: 2.84g (4.37%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.13g (8.05%), Sugar: 11.28g (12.53%), Cholesterol: 32.27mg (10.76%), Sodium: 216.02mg (9.39%), Alcohol: 0.11g (100%), Alcohol %: 0.28% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.76g (5.53%), Manganese: 0.23mg (11.55%), Selenium: 5.74µg (8.2%), Phosphorus: 74.59mg (7.46%), Calcium: 56.46mg (5.65%), Copper: 0.11mg (5.43%), Magnesium: 19.82mg (4.95%), Fiber: 1.13g (4.53%), Vitamin B2: 0.07mg (4.1%), Vitamin B6: 0.08mg (4.05%), Iron: 0.63mg (3.48%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.46mg (3.06%), Vitamin B3: 0.55mg (2.74%), Vitamin B1: 0.04mg (2.71%), Vitamin B12: 0.13µg (2.23%), Potassium: 77.81mg (2.22%), Vitamin A: 95.87IU (1.92%), Vitamin D: 0.26µg (1.72%), Folate: 6.38µg (1.59%)