

Goji Berry Cupcakes with Chocolate Ganache and Himalayan Pink Salt

READY IN



45 min.

SERVINGS



30

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 142 g bittersweet chocolate roughly chopped
- ☐ 120 g confectioners' sugar
- ☐ 8 large eggs room temperature
- ☐ 156 g flour all-purpose
- ☐ 0.8 cup goji berries chopped
- ☐ 120 g heavy cream
- ☐ 0.3 teaspoon himalayan pink salt

- ☐ 450 g sugar
- ☐ 57 g butter unsalted cut into 1-in pieces room temperature
- ☐ 57 g chocolate unsweetened roughly chopped
- ☐ 22 g cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 61 g milk whole

Equipment

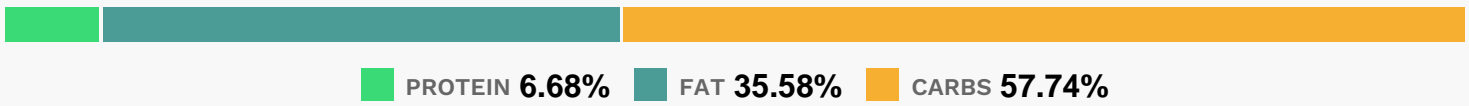
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ stand mixer
- ☐ stove
- ☐ muffin liners

Directions

- ☐ For the cupcakes:Preheat oven to 350 degrees. Prepare cupcake pans with cupcake liners.
- ☐ Place chocolate in a metal bowl.
- ☐ Add butter to the chocolate and place the bowl over a pan of simmering water. Stir until chocolate melts and butter is combined.
- ☐ Remove from heat and stir in sugar.
- ☐ Let mixture cool for 10 minutes.
- ☐ Pour mixture into bowl of stand mixer and beat for 3 minutes.
- ☐ Add one egg at a time, mixing for 30 seconds between each one.Sift the flour, cocoa powder, baking powder, and salt together into a bowl.

- ☐ Add to the mixture and beat until blended.Stir in the goji berries. Scoop into cupcake cups and bake for 25 minutes or until a toothpick comes out clean.
- ☐ Place chocolates into a heatproof metal bowl.
- ☐ Heat cream in a small saucepan on the stove until bubbles form around the edges.
- ☐ Pour cream over the chocolate.
- ☐ Let sit for 1 minute then stir until combined.
- ☐ Add butter to the chocolate a few pieces at a time and stir until everything is melted and combined. If the mixture won't melt completely, place over a saucepan of simmering water and stir until it is melted.
- ☐ Whisk together sugar, salt, milk, and vanilla in another bowl until combined.
- ☐ Pour the sugar mixture onto the chocolate mixture and stir until combined and smooth.
- ☐ Let sit at room temperature until thickened, stirring occasionally.Beat in a stand mixer until fluffy.To assemble the cupcakes, pipe the ganache onto the top of the cupcakes, then sprinkle (sparingly) with the pink salt.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:13.43, Inflammation Score:-2, Nutrition Score:4.0456521860121%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epicatechin: 4.14mg, Epicatechin: 4.14mg, Epicatechin: 4.14mg, Epicatechin: 4.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 178.83kcal (8.94%), Fat: 7.32g (11.27%), Saturated Fat: 4.08g (25.47%), Carbohydrates: 26.75g (8.92%), Net Carbohydrates: 25.64g (9.33%), Sugar: 20.95g (23.27%), Cholesterol: 58.73mg (19.58%), Sodium: 63mg (2.74%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Caffeine: 7.28mg (2.43%), Protein: 3.09g (6.18%), Manganese: 0.21mg (10.53%), Selenium: 6.8µg (9.72%), Copper: 0.17mg (8.38%), Iron: 1.24mg (6.91%), Phosphorus: 66.53mg (6.65%), Vitamin B2: 0.11mg (6.31%), Magnesium: 21.58mg (5.39%), Fiber: 1.11g (4.42%), Folate: 16.77µg (4.19%), Zinc: 0.59mg (3.92%), Vitamin A: 183.94IU (3.68%), Vitamin B1: 0.05mg (3.54%), Calcium: 31.6mg (3.16%), Vitamin B5: 0.27mg (2.66%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.15µg (2.46%), Potassium: 85.65mg (2.45%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.53%)