



## Grownup Chai Chocolate Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



204 kcal

DESSERT

### Ingredients

- 4 chai tea bags
- 2 eggs
- 0.5 cup flour all-purpose sifted
- 0.5 cup butter unsalted
- 2 ounce chocolate unsweetened chopped
- 1 teaspoon vanilla extract
- 0.8 cup sugar white

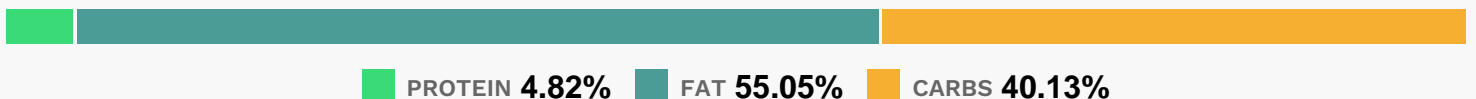
### Equipment

- bowl
- oven
- whisk
- wire rack
- double boiler
- toothpicks
- spatula
- muffin liners
- muffin tray

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Line a muffin tin with 10 paper liners.
- Melt butter and chocolate in the top of a double boiler over simmering water until smooth, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching, 5 to 10 minutes.
- Open tea bags and pour the chai mixture into a spice grinder; grind into a fine powder, 5 to 10 seconds.
- Mix flour, sugar, and chai powder together in a large bowl; add eggs, one at a time, whisking until batter is smooth after each addition. Stir in vanilla extract.
- Pour chocolate mixture into batter, stirring until just combined.
- Pour batter into the prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean and the tops are glossy and slightly cracked, about 25 minutes.
- Remove muffins immediately from tin and cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:14.51, Glycemic Load:13.92, Inflammation Score:-3, Nutrition Score:4.172173909519%

## Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

## Nutrients (% of daily need)

Calories: 204.02kcal (10.2%), Fat: 13.12g (20.18%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 20.41g (7.42%), Sugar: 15.13g (16.81%), Cholesterol: 57.14mg (19.05%), Sodium: 15.42mg (0.67%), Alcohol: 0.14g (100%), Alcohol %: 0.36% (100%), Caffeine: 4.54mg (1.51%), Protein: 2.58g (5.17%), Manganese: 0.28mg (14.17%), Copper: 0.2mg (10.09%), Iron: 1.44mg (8%), Selenium: 5.48µg (7.83%), Vitamin A: 331.16IU (6.62%), Magnesium: 21.25mg (5.31%), Phosphorus: 49.6mg (4.96%), Vitamin B2: 0.08mg (4.93%), Zinc: 0.72mg (4.77%), Fiber: 1.11g (4.44%), Folate: 17.5µg (4.38%), Vitamin B1: 0.06mg (4.1%), Vitamin E: 0.38mg (2.55%), Vitamin D: 0.35µg (2.31%), Vitamin B3: 0.46mg (2.29%), Potassium: 69.51mg (1.99%), Vitamin B5: 0.18mg (1.84%), Vitamin B12: 0.1µg (1.63%), Calcium: 14.51mg (1.45%), Vitamin K: 1.39µg (1.32%)