



 1%
HEALTH SCORE

Halloween Mocha Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



466 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup chocolate chips melted
- 0.8 cup chocolate chips
- 0.5 cup buttermilk
- 100 g cake flour
- 12 servings chocolate dark
- 60 g cocoa powder unsweetened
- 4 teaspoons coffee extract

- 1 eggs
- 12 servings sprinkles
- 12 servings sprinkles
- 12 servings sprinkles
- 0.5 cup cup heavy whipping cream
- 8 oz mascarpone cheese
- 0.5 cup cooking oil
- 0.3 teaspoon salt
- 0.7 cup sugar sweet (add another)
- 1 teaspoon vanilla extract

Equipment

- frying pan
- baking paper
- hand mixer
- broiler
- muffin tray

Directions

- Prepare the frosting by melting the chocolate in a double broiler. When the chocolate has melted, add heavy cream and coffee extract.
- Pour the batter into a ziploc or piping bag and pipe into the cupcake pan.
- Let the cupcakes cool in the pan for about 5 to 10 minutes and then transfer them to a rack to cool completely. Step 7: While cupcakes are cooling, make the chocolate decorations. Melt the chocolate and use a ziploc or piping bag to pipe out your design onto some parchment paper.
- Sprinkle the halloween sprinkles before the chocolate hardens. Chill in freezer until needed. Step 8: Finish the frosting. Using an electric mixer, beat the mascarpone cheese until light and fluffy.

- Add the cooled chocolate cream mixture from earlier and beat until combined. Step 9: Roughly spread the frosting on the cooled cupcakes. Dust with cocoa powder and decorate with sprinkles and chocolate.

Nutrition Facts

PROTEIN 5.02% **FAT 44.17%** **CARBS 50.81%**

Properties

Glycemic Index: 23.59, Glycemic Load: 11.95, Inflammation Score: -4, Nutrition Score: 6.2969565217391%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 466.15kcal (23.31%), Fat: 23.36g (35.94%), Saturated Fat: 15.56g (97.26%), Carbohydrates: 60.48g (20.16%), Net Carbohydrates: 57.61g (20.95%), Sugar: 45.97g (51.08%), Cholesterol: 45.06mg (15.02%), Sodium: 162.11mg (7.05%), Caffeine: 12.3mg (4.1%), Protein: 5.97g (11.94%), Manganese: 0.31mg (15.32%), Copper: 0.26mg (13.2%), Calcium: 121.72mg (12.17%), Fiber: 2.87g (11.49%), Selenium: 6.93µg (9.9%), Phosphorus: 96.67mg (9.67%), Magnesium: 38.28mg (9.57%), Vitamin A: 449.1IU (8.98%), Zinc: 1.22mg (8.11%), Iron: 1.23mg (6.85%), Potassium: 238.91mg (6.83%), Vitamin B2: 0.11mg (6.25%), Vitamin E: 0.8mg (5.35%), Vitamin K: 3.36µg (3.2%), Vitamin B5: 0.31mg (3.14%), Folate: 10.91µg (2.73%), Vitamin B1: 0.04mg (2.52%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.36µg (2.41%), Vitamin B6: 0.05mg (2.36%), Vitamin B3: 0.42mg (2.09%)