



Have Your Own Cake and Eat It Too (Individual Chocolate Cakes)

READY IN



120 min.

SERVINGS



12

CALORIES



773 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups coconut chips shredded unsweetened lightly toasted
- 1 cup freshly coffee brewed
- 1 tablespoons plus
- 0.8 cup dutch-process cocoa unsweetened
- 3 large eggs room temperature
- 3 cups flour all-purpose

- 3.3 cups granulated sugar
- 0.8 teaspoon salt fine
- 6 ounces bittersweet chocolate finely chopped
- 0.8 cup cup heavy whipping cream sour
- 1.5 cups butter unsalted cut into pieces (3 sticks)
- 0.5 cup coconut milk unsweetened canned
- 1.5 teaspoons vanilla extract pure
- 0.5 cup water

Equipment

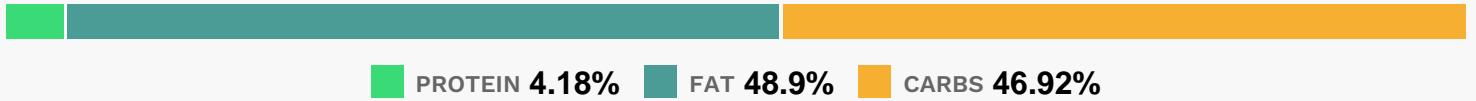
- bowl
- oven
- whisk
- plastic wrap
- toothpicks
- microwave
- muffin liners
- muffin tray

Directions

- Special equipment: 12 cup jumbo muffin tin
- Preheat the oven to 350 degrees F. Line the large muffin tins with large cupcake liners.
- Put the butter, coffee, water, and cocoa in a microwave-safe bowl, cover with plastic wrap, and microwave on HIGH until the butter melts, about 2 minutes.
- Whisk to combine.
- Meanwhile, whisk the flour, granulated sugar, baking powder, salt, and baking soda in a large bowl. Beat the sour cream with the egg and vanilla in a small bowl.
- Whisk the hot cocoa mixture into the dry ingredients. Stir in the sour cream mixture just to combine; don't overmix. Divide the batter evenly between the prepared muffin tins, filling each one about 3/4 of the way full (about 2/3 cup per cupcake).

- Bake cupcakes until a toothpick inserted in the center of the cake comes out clean, about 30 minutes.
- Cool the cupcakes completely in the tin on a rack.
- Remove from liners and return cakes to a rack.
- For the glaze: Put chocolate in a medium bowl. Bring coconut milk and corn syrup to a boil, stirring constantly, then pour it over the chocolate.
- Let the mixture stand for 10 minutes, then stir until smooth.
- Spread 1 tablespoon warm glaze evenly over each cake, then scatter the coconut over the top.

Nutrition Facts



Properties

Glycemic Index:21.34, Glycemic Load:55.4, Inflammation Score:-7, Nutrition Score:14.473478325035%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 10.57mg, Epicatechin: 10.57mg, Epicatechin: 10.57mg, Epicatechin: 10.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 773.09kcal (38.65%), Fat: 43.53g (66.97%), Saturated Fat: 28.79g (179.91%), Carbohydrates: 93.96g (31.32%), Net Carbohydrates: 87.87g (31.95%), Sugar: 62.65g (69.61%), Cholesterol: 116.84mg (38.95%), Sodium: 254.35mg (11.06%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 32.45mg (10.82%), Protein: 8.37g (16.74%), Manganese: 1.03mg (51.62%), Selenium: 20.32µg (29.02%), Copper: 0.57mg (28.36%), Fiber: 6.08g (24.33%), Iron: 3.94mg (21.87%), Magnesium: 77.15mg (19.29%), Phosphorus: 192.59mg (19.26%), Vitamin B1: 0.28mg (18.45%), Vitamin B2: 0.3mg (17.8%), Vitamin A: 873.23IU (17.46%), Folate: 69.54µg (17.38%), Vitamin B3: 2.3mg (11.51%), Zinc: 1.51mg (10.1%), Potassium: 338.56mg (9.67%), Calcium: 69.61mg (6.96%), Vitamin E: 1.02mg (6.8%), Vitamin B5: 0.63mg (6.26%), Vitamin B6: 0.09mg (4.57%), Vitamin D: 0.68µg (4.5%), Vitamin B12: 0.22µg (3.59%), Vitamin K: 3.55µg (3.38%)