



## Healthified Chocolate Frosted Cupcakes

 Popular

READY IN



80 min.

SERVINGS



12

CALORIES



176 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 3 egg whites
- 1 tablespoons skim milk fat-free (skim)
- 1.3 cups flour all-purpose gold medal®
- 0.7 cup granulated sugar
- 1.5 cups powdered sugar
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened

- 2 teaspoons vanilla
- 2 tablespoons butter unsalted 68% softened

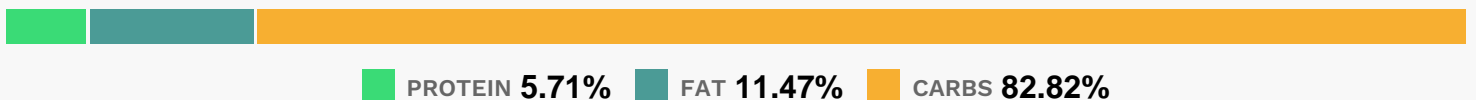
## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In medium bowl, beat all cupcake ingredients except egg whites with electric mixer on low speed 30 seconds; beat on medium speed 1 minute.
- Add egg whites; beat on medium speed 1 minute. Divide batter evenly among muffin cups.
- Bake 28 to 32 minutes or until toothpick inserted in center comes out clean and tops just begin to brown. Cool 2 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- In medium bowl, mix powdered sugar, cocoa, 2 tablespoons butter, 2 teaspoons vanilla and 1 tablespoon of the milk with electric mixer on low speed. Gradually beat in just enough of remaining milk to make frosting smooth and spreadable.
- Spread frosting over cupcakes.

## Nutrition Facts



## Properties

Glycemic Index:22.53, Glycemic Load:15.09, Inflammation Score:-2, Nutrition Score:3.1691304261432%

## 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: 175.9kcal (8.79%), Fat: 2.3g (3.54%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 36.35g (13.22%), Sugar: 26.03g (28.92%), Cholesterol: 0.04mg (0.01%), Sodium: 137.52mg (5.98%), Alcohol: 0.23g (100%), Alcohol %: 0.55% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.58g (5.16%), Selenium: 6.35µg (9.08%), Manganese: 0.16mg (8.06%), Vitamin B1: 0.1mg (6.99%), Vitamin B2: 0.11mg (6.45%), Folate: 24.75µg (6.19%), Iron: 0.93mg (5.17%), Copper: 0.09mg (4.54%), Phosphorus: 41.21mg (4.12%), Vitamin B3: 0.82mg (4.1%), Fiber: 1.02g (4.06%), Calcium: 36.87mg (3.69%), Magnesium: 13.07mg (3.27%), Vitamin A: 86.01IU (1.72%), Potassium: 58.08mg (1.66%), Zinc: 0.22mg (1.5%)