

Healthy Cupcake

READY IN



45 min.

SERVINGS



9

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 2 Teaspoons double-acting baking powder
- ☐ 0.5 Teaspoon baking soda
- ☐ 1 cup flour blend
- ☐ 0.3 cup around chocolate chips miniature (Not Mentioned In The Original Recipe)
- ☐ 0.8 cup purple puree (Blend Of Spinach And Blueberries)
- ☐ 0.3 cup prune purée (In Place Of 1 Egg, Also See My Notes)
- ☐ 0.5 Teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.5 cup sugar

- ☐ 4 Tablespoons butter unsalted (I Used Earth Balance Vegan)
- ☐ 2 Tablespoons cocoa powder unsweetened
- ☐ 2 Teaspoons vanilla extract
- ☐ 1 Tablespoon water

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ microwave
- ☐ ice cream scoop
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F/180C and line a muffin tin with paper liners. Melt the butter and chocolate chips together. I did this in the microwave oven, first for 15 seconds, stirred it once and heated it again for 20 seconds. Microwave oven times may differ so use caution while melting the mixture.
- ☐ Remove from heat and let it cool for sometime. In another bowl, stir together the pureed prune, vanilla, purple puree, sugar and 1 tablespoon water.
- ☐ Combine this purple mixture with the melted and cooled chocolate mixture. In another mixing bowl, stir together the dry ingredients and 1/2 teaspoon baking soda.
- ☐ Add this to the chocolate mixture and blend thoroughly. Scoop out the dough and fill it in the muffin cups almost to the top. (I used an ice cream scoop, which measures 3 tablespoons)
- ☐ Bake 23 to 25 minutes, until a toothpick inserted in the center comes out clean. Mine was done exactly at 23 minutes, but anyway I baked it for another 1 minute, just to be sure. Cool the cupcakes on a wire rack before frosting. Frosting is optional, you may simply dust it with some powdered sugar or leave it plain.

Nutrition Facts

PROTEIN 4.83% FAT 36.17% CARBS 59%

Properties

Glycemic Index:33.12, Glycemic Load:15.9, Inflammation Score:-3, Nutrition Score:4.1821739103483%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 225.42kcal (11.27%), Fat: 9.25g (14.23%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 31.88g (11.59%), Sugar: 19.91g (22.12%), Cholesterol: 14.53mg (4.84%), Sodium: 289.97mg (12.61%), Alcohol: 0.31g (100%), Alcohol %: 0.59% (100%), Caffeine: 8.29mg (2.76%), Protein: 2.78g (5.56%), Manganese: 0.3mg (15%), Selenium: 6.39µg (9.13%), Copper: 0.17mg (8.7%), Fiber: 2.05g (8.21%), Calcium: 70.32mg (7.03%), Phosphorus: 64.8mg (6.48%), Magnesium: 23.96mg (5.99%), Vitamin K: 6.24µg (5.94%), Iron: 0.95mg (5.27%), Vitamin A: 214.71IU (4.29%), Potassium: 116.69mg (3.33%), Zinc: 0.42mg (2.8%), Vitamin E: 0.33mg (2.21%), Vitamin B2: 0.03mg (1.96%), Vitamin B3: 0.37mg (1.84%), Vitamin C: 1.26mg (1.52%), Folate: 6.06µg (1.51%), Vitamin B1: 0.02mg (1.44%), Vitamin B5: 0.13mg (1.27%), Vitamin B6: 0.03mg (1.27%)