



WHATSheATE



Ice Cream Cone Cupcakes



Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour – 6.75 oz/185 grams)
- ☐ 15 ml apple cider vinegar
- ☐ 5 ml baking soda
- ☐ 0.7 cup butter softened
- ☐ 0.3 cup natural cocoa powder unsweetened
- ☐ 240 ml warm coffee (or water)
- ☐ 192 grams granulated sugar
- ☐ 18 servings milk as needed (or coffee)

- ☐ 1.3 cups powdered sugar sifted
- ☐ 5 ml salt
- ☐ 4 oz chocolate unsweetened
- ☐ 1.5 teaspoons vanilla
- ☐ 7 ml vanilla extract
- ☐ 120 ml vegetable oil

Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (176 C). Wrap a small square of foil around 18 flat bottom ice creams (you can skip the foil, but it does help prevent leakage) or just line 18 muffin cups with paper liners.
- ☐ Mix the flour, sugar, baking soda, salt and cocoa powder together in a large bowl. Make a well in the middle and add the oil, vanilla and cider vinegar. Stir until moistened, then pour coffee over the batter and stir until well mixed – batter will have some lumps. Fill cones (or cups) 2/3 of the way full with batter.
- ☐ Bake for 20 minutes or until cakes test done.
- ☐ Let cool and prepare frosting.Frosting: Melt the chocolate in microwave or in bowl set over barely simmering water.
- ☐ Let it cool slightly. Beat the butter and powdered sugar until creamy. Beat in vanilla and melted chocolate.
- ☐ Add milk or coffee as needed and keep beating until creamy and smooth.

Nutrition Facts



 PROTEIN 3.65%  FAT 53.25%  CARBS 43.1%

Properties

Glycemic Index:13.06, Glycemic Load:13.2, Inflammation Score:-4, Nutrition Score:6.792173916231%

Flavonoids

Catechin: 5.09mg, Catechin: 5.09mg, Catechin: 5.09mg, Catechin: 5.09mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 12.16mg, Epicatechin: 12.16mg, Epicatechin: 12.16mg, Epicatechin: 12.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 267.96kcal (13.4%), Fat: 16.66g (25.63%), Saturated Fat: 7.45g (46.54%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 28.43g (10.34%), Sugar: 19.55g (21.72%), Cholesterol: 18.08mg (6.03%), Sodium: 232.93mg (10.13%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Caffeine: 108.85mg (36.28%), Protein: 2.57g (5.15%), Manganese: 0.46mg (22.85%), Vitamin B2: 0.26mg (15.24%), Copper: 0.29mg (14.3%), Vitamin K: 12.82µg (12.21%), Iron: 1.84mg (10.24%), Magnesium: 38.64mg (9.66%), Vitamin B1: 0.13mg (8.52%), Fiber: 1.92g (7.67%), Vitamin B5: 0.71mg (7.06%), Folate: 26.6µg (6.65%), Selenium: 4.47µg (6.39%), Potassium: 214.37mg (6.12%), Vitamin B3: 1.22mg (6.1%), Phosphorus: 57.78mg (5.78%), Zinc: 0.85mg (5.66%), Vitamin E: 0.76mg (5.04%), Vitamin A: 210.1IU (4.2%), Calcium: 17.4mg (1.74%)