



I'm Lovin' It – Spiced Mocha Cupcakes

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened
- ☐ 3 tbsps butter
- ☐ 1 cup hot-brewed coffee hot brewed
- ☐ 0.7 cup potatoes instant mashed
- ☐ 1.5 cups sugar
- ☐ 1 tsp ground cinnamon
- ☐ 0.1 tsp ground pepper
- ☐ 4 large eggs separated

- ☐ 1 tsp vanilla extract
- ☐ 0.5 cup flour
- ☐ 1.5 tsps double-acting baking powder
- ☐ 0.3 tsp salt
- ☐ 1 serving powdered sugar (to garnish)
- ☐ 0.5 pt whipping cream
- ☐ 3 tbsps powdered sugar
- ☐ 1 tsp ground cinnamon
- ☐ 0.3 tsp vanilla extract

Equipment

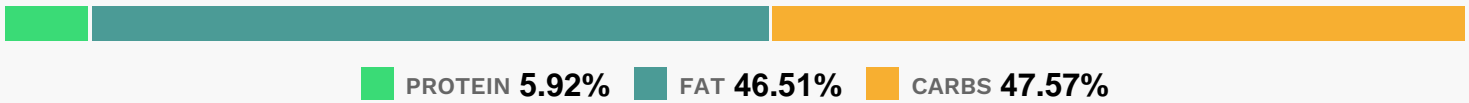
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Heat oven to 350°F. Line cupcake pan with paper liners. Coat cupcake papers with no-stick cooking spray.
- ☐ Place chocolate and butter in medium microwave-safe bowl. Microwave on 50% power 45 to 60 seconds, stir and repeat until chocolate is melted and smooth when stirred.
- ☐ Combine coffee, potato flakes, cinnamon and cayenne pepper in large mixing bowl, stirring until moistened.
- ☐ Blend in sugar and vanilla.

- ☐ Blend in chocolate mixture and egg yolks.
- ☐ In a medium bowl, stir together flour, baking powder and salt. Gradually blend into chocolate mixture.
- ☐ Beat egg whites on medium speed of electric mixer until stiff.
- ☐ Add to chocolate mixture and blend on low speed until completely blended, scraping sides and bottom of bowl frequently.
- ☐ Fill cupcake liners 2/3 full with batter.
- ☐ Bake 20 minutes or until set in center.
- ☐ Cool completely in pan on wire rack.
- ☐ Remove from pan.
- ☐ Sprinkle liberally with sifted powdered sugar.
- ☐ Combine whipping cream, powdered sugar, cinnamon and vanilla in medium mixing bowl. Beat on medium speed of electric mixer until stiff.
- ☐ Pipe on top of cupcakes.

Nutrition Facts



Properties

Glycemic Index:18.28, Glycemic Load:13.64, Inflammation Score:-3, Nutrition Score:5.1647825966711%

Flavonoids

Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 202.36kcal (10.12%), Fat: 11.09g (17.07%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 24.09g (8.76%), Sugar: 18.98g (21.09%), Cholesterol: 61.2mg (20.4%), Sodium: 106.38mg (4.63%), Alcohol: 0.1g (100%), Alcohol %: 0.18% (100%), Caffeine: 10.31mg (3.44%), Protein: 3.18g (6.36%), Manganese: 0.35mg (17.41%), Copper: 0.22mg (11.23%), Iron: 1.57mg (8.7%), Selenium: 5.94µg (8.48%), Phosphorus: 70.54mg (7.05%), Vitamin B2: 0.12mg (6.84%), Magnesium: 25.84mg (6.46%), Vitamin A: 317.82IU (6.36%), Fiber: 1.44g (5.77%), Zinc: 0.83mg (5.56%), Calcium: 45.94mg (4.59%), Vitamin B1: 0.07mg (4.51%), Folate: 15.25µg

(3.81%), Potassium: 117.61mg (3.36%), Vitamin B5: 0.31mg (3.13%), Vitamin D: 0.43µg (2.88%), Vitamin B3: 0.48mg (2.39%), Vitamin C: 1.9mg (2.3%), Vitamin B6: 0.04mg (2.22%), Vitamin E: 0.33mg (2.21%), Vitamin B12: 0.12µg (2.06%), Vitamin K: 1.55µg (1.47%)