

Lulu's Cupcakes

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1 stick plus 1 tablespoon butter unsalted
- ☐ 1 cup confectioners' sugar
- ☐ 2 cups confectioners' sugar
- ☐ 2 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose

- ☐ 1.3 cups granulated sugar
- ☐ 0.5 cup heavy cream
- ☐ 3 tablespoons heavy cream
- ☐ 1 cup marshmallow crème
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon salt
- ☐ 1 stick butter unsalted cut into pieces
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 4 ounces chocolate unsweetened chopped
- ☐ 2 teaspoons vanilla extract
- ☐ 2.3 teaspoons vanilla extract

Equipment

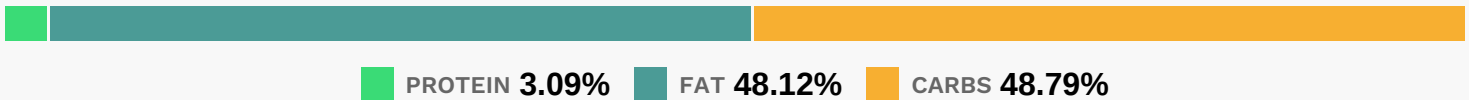
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ pastry bag

Directions

- ☐ Position a rack in the center of the oven and preheat to 350 degrees.
- ☐ Place paper liners in two 12-cup muffin pans.
- ☐ Prepare the cupcakes: Sift together the flour, baking soda, baking powder and salt in a bowl. Bring the sugar and 1 cup water to a boil in a saucepan, stirring until the sugar dissolves, about 3 minutes.
- ☐ Pour into a large bowl; add the chocolate and butter and let sit, stirring occasionally, until the chocolate is melted and the mixture has cooled slightly. Stir in the vanilla. Using a mixer, beat in the eggs, then mix in the dry ingredients.

- ☐ Divide the batter evenly between the prepared pans (about 1/4 cup batter per cupcake) and bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool in the pans for about 25 minutes, then transfer cupcakes to a rack to cool completely.
- ☐ Meanwhile, prepare the filling:Using a mixer, cream the butter until light and fluffy. Beat in 1/2 cup confectioners' sugar.
- ☐ Add the vanilla and 1 tablespoon heavy cream; beat until smooth. Beat in the remaining 1/2 cup confectioners' sugar and 2 tablespoons heavy cream in batches, alternating after each addition. Beat in the marshmallow creme; set aside.
- ☐ Place the chocolate in a stainless-steel bowl.
- ☐ Heat the cream and 1 tablespoon butter until just boiling, then pour over the chocolate; let stand for 5 minutes.
- ☐ Whisk until smooth.
- ☐ Add 2 teaspoons vanilla; let stand until cool but still glossy and liquid.
- ☐ Spoon the filling into a pastry bag with a medium tip. Insert the tip into the center of each cupcake top; fill until the cupcake is heavier (do not overfill). Dip the cupcake tops in the ganache. Chill for at least 15 minutes.
- ☐ Meanwhile, prepare the icing: Using a mixer, beat the remaining 1 stick butter, 1/4 teaspoon vanilla, the milk and confectioners' sugar until smooth. Spoon into a pastry bag with a small tip; pipe onto the cupcakes to decorate.
- ☐ Photograph by Allan Penn

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:10.96, Inflammation Score:-4, Nutrition Score:4.9613043246386%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 319.19kcal (15.96%), Fat: 17.7g (27.23%), Saturated Fat: 10.85g (67.82%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 38.85g (14.13%), Sugar: 31.32g (34.8%), Cholesterol: 48.98mg (16.33%), Sodium: 192.25mg

(8.36%), Alcohol: 0.24g (100%), Alcohol %: 0.42% (100%), Caffeine: 9.88mg (3.29%), Protein: 2.56g (5.11%), Manganese: 0.34mg (16.97%), Copper: 0.26mg (12.89%), Iron: 1.71mg (9.48%), Vitamin A: 421.14IU (8.42%), Magnesium: 30.82mg (7.71%), Selenium: 4.95µg (7.08%), Phosphorus: 67.37mg (6.74%), Fiber: 1.53g (6.11%), Zinc: 0.78mg (5.17%), Vitamin B2: 0.08mg (4.86%), Vitamin B1: 0.06mg (4.29%), Calcium: 40.51mg (4.05%), Folate: 15.82µg (3.96%), Potassium: 104mg (2.97%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.52mg (2.62%), Vitamin D: 0.31µg (2.03%), Vitamin K: 2.04µg (1.95%), Vitamin B5: 0.15mg (1.55%), Vitamin B12: 0.08µg (1.4%)