



## Microwave Chocolate Cupcakes with Chocolate Ganache

READY IN



45 min.

SERVINGS



2

CALORIES



697 kcal

### Ingredients

- ☐ 0.1 tsp double-acting baking powder
- ☐ 2 tbsp cake flour with all purpose and the texture is definitely drier and more like a bread than a cake)
- ☐ 4 tbsp chocolate ice cream)
- ☐ 0.3 cup heavy cream
- ☐ 1 cup bittersweet chocolate chopped

### Equipment

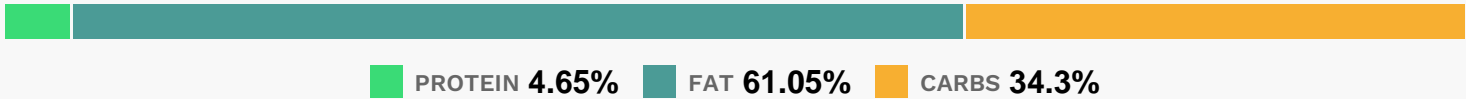
- ☐ bowl
- ☐ whisk

- ☐ wooden spoon
- ☐ microwave
- ☐ silicone muffin liners

## Directions

- ☐ Combine chocolate ice cream, flour and baking powder in a large mug and mix with a whisk until batter is smooth and no flour chunks remain. Split batter into two regular sized silicone cupcake molds. Microwave each separately for about 30 seconds until cooked.
- ☐ To make the ganache, microwave heavy cream for about 30 seconds until it is bubbling but before it spills over. Put chocolate in medium bowl and pour heated heavy cream on top. Immediately begin stirring with a large wooden spoon until smooth ganache forms. If you can't completely melt the chocolate, stick it in the microwave for about 15 seconds and then stir again. Careful not to microwave the chocolate too long or else you will overcook it.
- ☐ Place in fridge for about 30 minutes to an hour until ganache starts getting firm, but still is malleable for frosting. If the ganache gets too hard, you can microwave it again to heat it up a little. Frost cupcakes with ganache.

## Nutrition Facts



## Properties

Glycemic Index:104.5, Glycemic Load:7.35, Inflammation Score:-7, Nutrition Score:16.499565257974%

## Nutrients (% of daily need)

Calories: 697.05kcal (34.85%), Fat: 47.63g (73.28%), Saturated Fat: 28.15g (175.92%), Carbohydrates: 60.21g (20.07%), Net Carbohydrates: 52.68g (19.16%), Sugar: 40.52g (45.02%), Cholesterol: 48.92mg (16.31%), Sodium: 69.86mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 76.14mg (25.38%), Protein: 8.16g (16.32%), Manganese: 1.26mg (62.83%), Copper: 1.15mg (57.4%), Magnesium: 166.48mg (41.62%), Iron: 5.93mg (32.94%), Fiber: 7.52g (30.09%), Phosphorus: 289.47mg (28.95%), Zinc: 2.62mg (17.47%), Potassium: 605.05mg (17.29%), Selenium: 11.76µg (16.8%), Calcium: 124.05mg (12.4%), Vitamin A: 604.18IU (12.08%), Vitamin B2: 0.16mg (9.43%), Vitamin K: 7.36µg (7.01%), Vitamin E: 0.91mg (6.04%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.29µg (4.85%), Vitamin B3: 0.89mg (4.45%), Vitamin D: 0.54µg (3.57%), Vitamin B1: 0.05mg (3.46%), Vitamin B6: 0.06mg (2.95%), Folate: 8.23µg (2.06%)