



## Mile High Rocky Road Cupcakes

 Dairy Free

READY IN



115 min.

SERVINGS



12

CALORIES



280 kcal

DESSERT

### Ingredients

- ☐ 2 oz baker's chocolate cooled melted
- ☐ 1 box betty fun chocolate cupcake mix with vanilla cream filling
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 egg whites
- ☐ 0.3 cup pecans toasted coarsely chopped
- ☐ 1.3 cups sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water

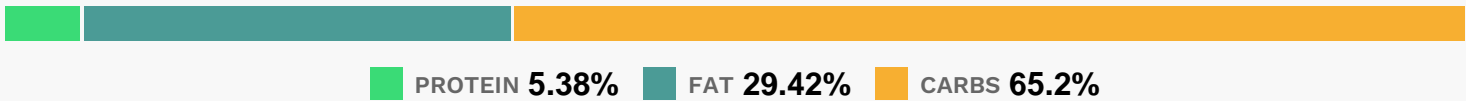
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners
- ☐ candy thermometer

# Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan).
- ☐ Place paper baking cup in each of 12 regular-size muffin cups. Make cupcake mix as directed on box, using water, oil and whole eggs. Fill muffin cups with batter and filling as directed.
- ☐ Bake 24 to 29 minutes or until surface of cupcakes appears dry. Cool 20 minutes; remove cupcakes from pan to cooling rack. Cool completely.
- ☐ In 2-quart saucepan, heat sugar and 1/3 cup water to boiling over medium heat, without stirring. Boil about 3 minutes, without stirring, to 238F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a soft ball that flattens when removed from water; remove from heat. In large bowl, beat egg whites, cream of tartar and vanilla with electric mixer on high speed until soft peaks form. Gradually add sugar syrup, beating until stiff peaks form, about 5 minutes.
- ☐ Spoon frosting into decorating bag fitted with #6 large round tip. Pipe frosting onto cupcakes. Spoon melted chocolate over frosting.
- ☐ Sprinkle with pecans.

# Nutrition Facts



# Properties

Glycemic Index:6.67, Glycemic Load:14.55, Inflammation Score:-2, Nutrition Score:5.8608695651688%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 279.97kcal (14%), Fat: 9.81g (15.09%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 47.04g (17.11%), Sugar: 34.83g (38.7%), Cholesterol: 0mg (0%), Sodium: 315.33mg (13.71%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Caffeine: 7.74mg (2.58%), Protein: 4.03g (8.06%), Manganese: 0.38mg (19.11%), Copper: 0.33mg (16.46%), Iron: 2.52mg (14%), Phosphorus: 123.91mg (12.39%), Selenium: 7.06µg (10.08%), Magnesium: 36.33mg (9.08%), Fiber: 1.87g (7.47%), Vitamin B2: 0.11mg (6.67%), Calcium: 61.51mg (6.15%), Folate: 24.54µg (6.14%), Zinc: 0.85mg (5.68%), Potassium: 194.85mg (5.57%), Vitamin B1: 0.08mg (5.57%), Vitamin B3: 0.68mg (3.39%), Vitamin E: 0.45mg (3%), Vitamin K: 1.91µg (1.82%), Vitamin B6: 0.02mg (1.03%)