



Mini Brownie Cupcakes

 Vegetarian

READY IN



300 min.

SERVINGS



72

CALORIES



121 kcal

DESSERT

Ingredients

- ☐ 8 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 3.8 cups granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 4 sticks butter unsalted cut into pieces
- ☐ 8 ounces baker's chocolate unsweetened chopped
- ☐ 0.5 cup cocoa powder unsweetened (preferably Dutch-process)

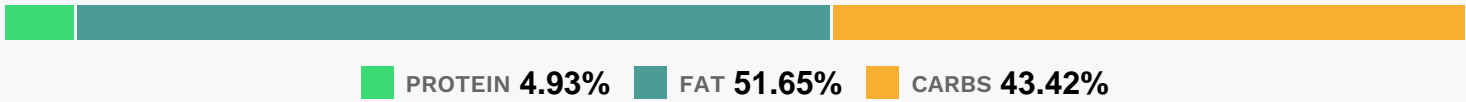
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F and line mini–muffin tins with liners. Spray liners with cooking spray.
- ☐ Melt butter and chocolate in a 4–quart heavy pot over moderately low heat, stirring until smooth.
- ☐ Whisk together flour, cocoa, and salt.
- ☐ Remove pan from heat and whisk in granulated sugar.
- ☐ Add eggs, 1 at a time, whisking after each addition until incorporated, and stir in flour mixture just until blended.
- ☐ Spoon batter into muffin liners, filling cups to top, and bake in middle of oven 25 to 30 minutes, or until a tester comes out with crumbs adhering. Cool 5 minutes in tins and turn out onto racks. Repeat with remaining batter.
- ☐ Dust with confectioners sugar if desired.
- ☐ • Cupcakes may be made 2 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:8.95, Inflammation Score:-2, Nutrition Score:2.5726086860118%

Flavonoids

Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 121.26kcal (6.06%), Fat: 7.41g (11.4%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.2g (4.8%), Sugar: 10.47g (11.63%), Cholesterol: 34.16mg (11.39%), Sodium: 25.77mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.89mg (1.3%), Protein: 1.59g (3.18%), Manganese: 0.18mg (8.86%), Copper: 0.13mg (6.73%), Iron: 0.88mg (4.87%), Selenium: 3.2µg (4.57%), Vitamin A: 186.88IU (3.74%), Magnesium: 14.74mg (3.69%), Fiber: 0.83g (3.3%), Phosphorus: 32.77mg (3.28%), Zinc: 0.44mg (2.96%), Vitamin B2: 0.05mg (2.89%), Folate: 9.43µg (2.36%), Vitamin B1: 0.03mg (2.1%), Vitamin E: 0.22mg (1.46%), Potassium: 47.86mg (1.37%), Vitamin D: 0.21µg (1.37%), Vitamin B3: 0.24mg (1.21%), Vitamin B5: 0.11mg (1.12%)