



Mini Chocolate Cupcakes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 ounce fine-quality bittersweet chocolate unsweetened coarsely chopped (not)
- ☐ 0.3 cup dates pitted coarsely chopped
- ☐ 0.3 cup dutch-process cocoa powder unsweetened
- ☐ 1 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons brown sugar light packed
- ☐ 0.3 teaspoon vanilla

☐ 0.3 cup water

Equipment

☐ food processor

☐ frying pan

☐ sauce pan

☐ oven

☐ wax paper

☐ skewers

☐ muffin liners

Directions

☐ Preheat oven to 325°F.

☐ Bring water and dates just to a boil in a 1-quart heavy saucepan, then transfer mixture to a food processor and add cocoa powder and chocolate, pulsing once to combine.

☐ Let cool 2 minutes, then add brown sugar, egg, vanilla, baking soda, and a pinch of salt, then purée until smooth.

☐ Add flour and pulse just until incorporated.

☐ Spray muffin cups with cooking spray. (If pan is not nonstick, line sprayed bottoms with rounds of wax paper, then spray paper.) Spoon batter into cups, dividing it evenly, and bake in middle of oven until a wooden pick or skewer comes out clean, 18 to 22 minutes. Cool cupcakes in pan on a rack 10 minutes, then turn out onto rack (remove wax paper, if using) and cool completely, right side up. Just before serving, sprinkle tops lightly with confectioners sugar.

☐ ·Cupcakes can be made and cooled (but not dusted with sugar) 1 day ahead and kept in an airtight container at room temperature.

☐ Each serving (3 cupcakes) contains about 177 calories and 4 grams fat.

☐ Gourmet

Nutrition Facts



 PROTEIN **8.91%**  FAT **25.18%**  CARBS **65.91%**

Properties

Glycemic Index:31.75, Glycemic Load:6.34, Inflammation Score:-3, Nutrition Score:5.9104346890488%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 154.28kcal (7.71%), Fat: 4.72g (7.27%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 24.19g (8.8%), Sugar: 19.28g (21.42%), Cholesterol: 46.93mg (15.64%), Sodium: 91.84mg (3.99%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Caffeine: 18.46mg (6.15%), Protein: 3.76g (7.52%), Manganese: 0.37mg (18.38%), Copper: 0.34mg (16.97%), Fiber: 3.64g (14.55%), Magnesium: 47.92mg (11.98%), Selenium: 6.95µg (9.93%), Iron: 1.78mg (9.87%), Phosphorus: 94.65mg (9.46%), Potassium: 235.85mg (6.74%), Vitamin B2: 0.1mg (5.91%), Zinc: 0.78mg (5.21%), Folate: 16.88µg (4.22%), Vitamin B5: 0.33mg (3.27%), Calcium: 31.7mg (3.17%), Vitamin B1: 0.05mg (3.15%), Vitamin B3: 0.57mg (2.87%), Vitamin B6: 0.06mg (2.78%), Vitamin B12: 0.12µg (2.07%), Vitamin D: 0.25µg (1.67%), Vitamin A: 72.27IU (1.45%), Vitamin E: 0.19mg (1.25%)