



 **51%**  
HEALTH SCORE

## Mississippi Mud Cupcakes

READY IN



80 min.

SERVINGS



1

CALORIES



3905 kcal

DESSERT

### Ingredients

- 4 oz bittersweet chocolate divided finely chopped
- 0.8 teaspoon baking soda
- 0.3 cup butter softened
- 2 large eggs
- 1 cup flour all-purpose
- 12 peanut butter cups
- 0.3 cup pecans
- 0.3 teaspoon salt
- 0.5 cup cream sour

- 0.7 cup sugar
- 0.3 cup cocoa powder unsweetened

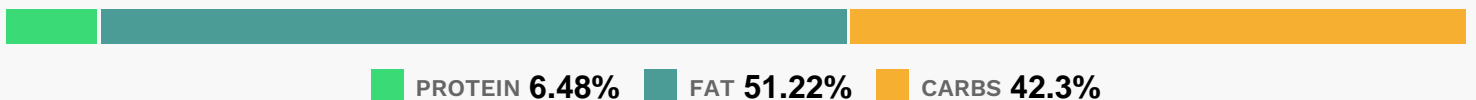
## Equipment

- frying pan
- oven
- wire rack
- hand mixer
- muffin tray

## Directions

- Preheat oven to 350
- Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- Add eggs, 1 at a time, beating just until blended.
- Combine flour, cocoa, and salt. Stir together sour cream and baking soda.
- Add flour mixture to butter mixture alternately with sour cream mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in half of chopped chocolate.
- Place paper baking cups in a 12-cup muffin pan, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean.
- Remove from pan to a wire rack, and cool completely (about 30 minutes).
- Pipe Marshmallow Frosting onto cupcakes; sprinkle with pecans and remaining chopped chocolate.

## Nutrition Facts



## Properties

Glycemic Index:205.09, Glycemic Load:162.27, Inflammation Score:-10, Nutrition Score:66.789999692336%

## Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 21.21mg, Catechin: 21.21mg, Catechin: 21.21mg, Catechin: 21.21mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 56.61mg, Epicatechin: 56.61mg, Epicatechin: 56.61mg, Epicatechin: 56.61mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 3905.16kcal (195.26%), Fat: 230.59g (354.75%), Saturated Fat: 105.2g (657.51%), Carbohydrates: 428.39g (142.79%), Net Carbohydrates: 394.5g (143.45%), Sugar: 277.6g (308.45%), Cholesterol: 621.58mg (207.19%), Sodium: 2815.83mg (122.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 177.74mg (59.25%), Protein: 65.66g (131.32%), Manganese: 5.14mg (256.87%), Copper: 3.71mg (185.49%), Magnesium: 565.6mg (141.4%), Selenium: 96.76µg (138.22%), Phosphorus: 1372.89mg (137.29%), Fiber: 33.89g (135.54%), Iron: 22.26mg (123.65%), Vitamin B1: 1.67mg (111.53%), Folate: 404.09µg (101.02%), Vitamin B2: 1.72mg (100.89%), Vitamin B3: 18.75mg (93.77%), Zinc: 11.84mg (78.95%), Potassium: 2363.83mg (67.54%), Vitamin A: 3338.65IU (66.77%), Calcium: 502.31mg (50.23%), Vitamin B5: 4.54mg (45.41%), Vitamin B12: 1.99µg (33.24%), Vitamin E: 4.83mg (32.2%), Vitamin B6: 0.63mg (31.36%), Vitamin K: 21.93µg (20.89%), Vitamin D: 2µg (13.33%), Vitamin C: 2.05mg (2.48%)