



Mississippi Mud Cupcakes

READY IN



55 min.

SERVINGS



15

CALORIES



440 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 10.5 oz marshmallows miniature
- ☐ 1 cup pecans chopped
- ☐ 0.8 teaspoon salt
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 cups sugar
- ☐ 0.5 cup cocoa powder unsweetened

☐ 1 teaspoon vanilla extract

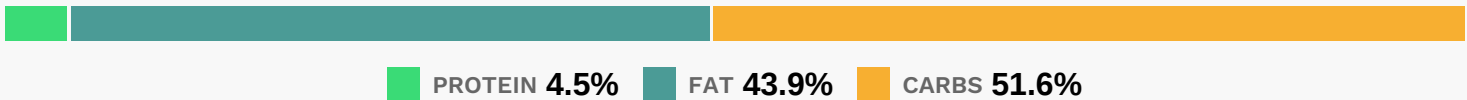
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Place pecans in a single layer on a baking sheet.
- ☐ Bake at 350 for 8 to 10 minutes or until toasted.
- ☐ Microwave 1 cup butter and semisweet chocolate in a large microwave-safe glass bowl at HIGH 1 minute or until melted and smooth, stirring every 30 seconds.
- ☐ Whisk sugar and next 5 ingredients into chocolate mixture. Spoon batter evenly into 24 paper-lined muffin cups.
- ☐ Bake at 350 for 20 minutes or until puffed.
- ☐ Sprinkle evenly with 2 cups miniature marshmallows, and bake 5 more minutes or until golden.
- ☐ Remove from oven, and cool cupcakes in muffin pans 5 minutes.
- ☐ Remove cupcakes from pans, and place on wire rack.
- ☐ Drizzle warm cakes evenly with 1 1/4 cups Chocolate Frosting, and sprinkle with toasted pecans. Reserve remaining 3/4 cup frosting for another use.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:35.3, Inflammation Score:-4, Nutrition Score:7.7495652272002%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 440.13kcal (22.01%), Fat: 22.31g (34.32%), Saturated Fat: 10.57g (66.08%), Carbohydrates: 59g (19.67%), Net Carbohydrates: 56.28g (20.47%), Sugar: 41.28g (45.87%), Cholesterol: 82.59mg (27.53%), Sodium: 250.29mg (10.88%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 13.09mg (4.36%), Protein: 5.15g (10.3%), Manganese: 0.63mg (31.49%), Copper: 0.34mg (16.96%), Selenium: 10.3µg (14.72%), Fiber: 2.72g (10.88%), Iron: 1.94mg (10.76%), Phosphorus: 105.96mg (10.6%), Vitamin B1: 0.16mg (10.47%), Magnesium: 41.49mg (10.37%), Vitamin A: 458.03IU (9.16%), Vitamin B2: 0.15mg (9.02%), Folate: 32.31µg (8.08%), Zinc: 1.01mg (6.73%), Vitamin B3: 0.98mg (4.91%), Potassium: 153.58mg (4.39%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.37mg (3.7%), Calcium: 27.38mg (2.74%), Vitamin B12: 0.16µg (2.63%), Vitamin B6: 0.05mg (2.52%), Vitamin K: 2.01µg (1.91%), Vitamin D: 0.27µg (1.78%)