



Naturally Delicious Vegan Chocolate Cupcakes



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



82 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup cocoa powder
- ☐ 0.8 cup coconut sugar
- ☐ 1 cup milk alternative plain unsweetened (she used So Delicious Coconut Milk Beverage)
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup pastry flour whole wheat

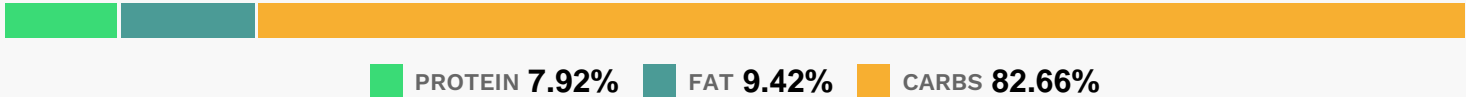
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350°F and line a 12-cup muffin tin with cupcake liners, or spray mini pan with grapeseed or coconut oil and set aside.In a large mixing bowl, whisk together the milk alternative, sugar, applesauce, vinegar, and vanilla. In another bowl, sift together the flour, cocoa powder, baking soda, baking powder and salt until combined.
- ☐ Add the dry ingredients to the wet, mixing until just combined. Gently stir in some chocolate chips, if using.
- ☐ Pour the batter into the prepared cups, filling each about 2/3 full.
- ☐ Bake for 10–15 minutes, or until a toothpick inserted into the center of a cupcake emerges clean.
- ☐ Let cool completely on a wire cooling rack before frosting with dairy-free frosting (another yummy recipe).
- ☐ Serve with coconut milk ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:4.74, Inflammation Score:-2, Nutrition Score:6.8608694301675%

Flavonoids

Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 81.81kcal (4.09%), Fat: 0.95g (1.46%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 16.68g (6.07%), Sugar: 7.86g (8.73%), Cholesterol: 0mg (0%), Sodium: 155.01mg (6.74%), Alcohol: 0.11g (100%), Alcohol %: 0.29% (100%), Caffeine: 5.49mg (1.83%), Protein: 1.8g (3.6%), Vitamin D: 9.83µg (65.56%), Manganese: 0.5mg (25.13%), Selenium: 6.54µg (9.35%), Fiber: 2.11g (8.44%), Magnesium: 29.21mg (7.3%), Copper: 0.13mg (6.69%), Phosphorus: 57.29mg (5.73%), Vitamin B12: 0.25µg (4.1%), Iron: 0.73mg (4.04%), Vitamin B1: 0.05mg (3.59%), Zinc: 0.47mg (3.16%), Vitamin B3: 0.55mg (2.77%), Calcium: 24.81mg (2.48%), Vitamin B6: 0.05mg (2.27%), Potassium: 78.65mg (2.25%), Folate: 7.33µg (1.83%), Vitamin B2: 0.02mg (1.45%)