



## Quick Chocolate Cupcakes with No-Powdered Sugar Vanilla Icing

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



363 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 eggs
- ☐ 4.5 oz flour all-purpose sifted
- ☐ 5 tablespoons flour
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 1 pinch salt

- ☐ 0.8 cup sugar
- ☐ 2 sticks butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened natural style
- ☐ 1 teaspoons vanilla
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup milk whole

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ baking spatula

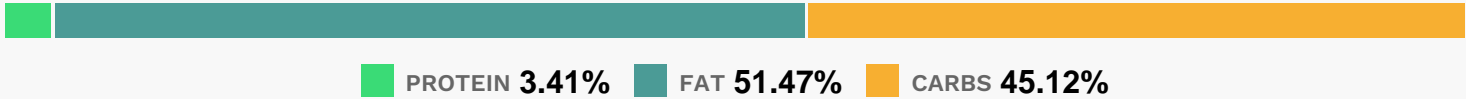
## Directions

- ☐ Preheat oven to 350 degrees F and line 12 cupcake cups with paper liners.
- ☐ Mix together milk and lemon juice and set aside to curdle. Beat oil and sugar with an electric mixer until smooth. Beat in egg, vanilla, salt, and baking soda until well blended. Beat in cocoa powder. With a large mixing spoon or rubber scraper, stir in the flour alternately with the milk until flour is absorbed. Divide batter equally between 12 paper-lined cupcake cups.
- ☐ Bake at 350 degrees for 25 minutes or until a toothpick inserted comes out clean. Cool in pan on rack 20 minutes.
- ☐ Remove to platter to continue cooling.
- ☐ Whisk the flour and milk together in a small saucepan. Cook over medium heat, stirring until it starts to thicken. Cook 1-2 minutes more. Turn into a dish and let cool. Beat together the butter and sugar, then beat in the cooled roux 2T. at a time. Continue to beat until frosting

turns creamy rather than grainy. This takes a while – probably 6 to 10 minutes.

- ☐
- Add vanilla and salt and mix until light and creamy. Frost immediately. You can keep the frosted cupcakes in the refrigerator and let them come to room temperature before serving. I also left a few in a sealed container at room temperature overnight and they were fine.

## Nutrition Facts



### Properties

Glycemic Index:27.35, Glycemic Load:28.32, Inflammation Score:-4, Nutrition Score:5.2843478399774%

### Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

### Nutrients (% of daily need)

Calories: 362.91kcal (18.15%), Fat: 21.38g (32.89%), Saturated Fat: 11.08g (69.22%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 40.91g (14.88%), Sugar: 30.34g (33.71%), Cholesterol: 56.57mg (18.86%), Sodium: 110.59mg (4.81%), Alcohol: 0.23g (100%), Alcohol %: 0.3% (100%), Caffeine: 5.49mg (1.83%), Protein: 3.19g (6.37%), Vitamin A: 523.53IU (10.47%), Selenium: 6.88µg (9.83%), Manganese: 0.19mg (9.55%), Vitamin K: 9.84µg (9.37%), Vitamin B1: 0.12mg (8.29%), Vitamin B2: 0.13mg (7.73%), Folate: 28.73µg (7.18%), Phosphorus: 64.95mg (6.49%), Copper: 0.12mg (5.96%), Iron: 1.06mg (5.87%), Vitamin E: 0.87mg (5.81%), Fiber: 1.26g (5.05%), Magnesium: 18.43mg (4.61%), Vitamin B3: 0.9mg (4.51%), Vitamin D: 0.58µg (3.86%), Calcium: 37.22mg (3.72%), Vitamin B12: 0.17µg (2.91%), Zinc: 0.41mg (2.74%), Potassium: 95.26mg (2.72%), Vitamin B5: 0.22mg (2.23%), Vitamin B6: 0.03mg (1.47%), Vitamin C: 0.97mg (1.17%)