



Red Wine Chocolate Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 0.4 teaspoons baking soda
- ☐ 3 tablespoons butter
- ☐ 4 tablespoons cocoa powder
- ☐ 6 tablespoons natural cocoa powder unsweetened
- ☐ 1 large eggs
- ☐ 4.5 oz flour all-purpose
- ☐ 3 tablespoons milk
- ☐ 1.3 cup powdered sugar

- ☐ 0.5 cup red wine
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.3 teaspoon a little more wine if you really like the one you're using

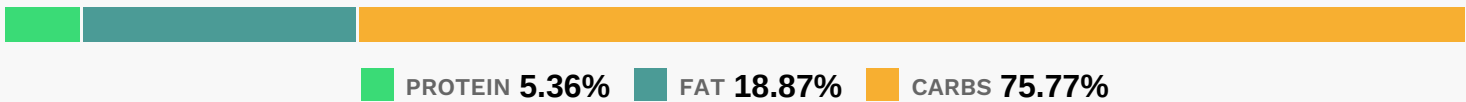
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees F. Line 12 cupcake tins with paper liners.
- ☐ Mix the flour, cocoa powder, baking soda and salt together and set aside.Using an electric mixer, beat the butter with the sugar at medium-high speed until fluffy, 4 minutes. Beat in the egg and vanilla. Working in two batches, alternately fold in the dry ingredients and the wine, until just incorporated. Divide the batter between the cupcake cups and bake for 20 minutes or until a toothpick inserted in the center comes out clean.
- ☐ Let cool completely. The wine flavor mellows a bit upon standing, so I recommend eating these a few hours after you make them.Prepare frosting.
- ☐ Mix together the butter, cocoa powder, and sugar. Stir in the milk. Beat until light and fluffy. Beat in vanilla. Frost the cupcakes.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:14.7, Inflammation Score:-3, Nutrition Score:4.025652145562%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 8.56mg, Epicatechin: 8.56mg, Epicatechin: 8.56mg, Epicatechin: 8.56mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 190.56kcal (9.53%), Fat: 4.07g (6.26%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 34.95g (12.71%), Sugar: 25.9g (28.78%), Cholesterol: 23.48mg (7.82%), Sodium: 114.39mg (4.97%), Alcohol: 1.13g (100%), Alcohol %: 2.29% (100%), Caffeine: 9.58mg (3.19%), Protein: 2.6g (5.2%), Manganese: 0.25mg (12.43%), Copper: 0.18mg (8.97%), Selenium: 5.76µg (8.23%), Fiber: 1.83g (7.31%), Iron: 1.21mg (6.71%), Magnesium: 25.38mg (6.35%), Vitamin B1: 0.09mg (6.08%), Folate: 22.95µg (5.74%), Phosphorus: 57.27mg (5.73%), Vitamin B2: 0.1mg (5.66%), Vitamin B3: 0.75mg (3.75%), Zinc: 0.45mg (2.98%), Potassium: 100.5mg (2.87%), Vitamin A: 116.24IU (2.32%), Calcium: 15.83mg (1.58%), Vitamin B5: 0.14mg (1.42%), Vitamin B6: 0.02mg (1.24%), Vitamin B12: 0.06µg (1.05%)