



Rich Chocolate Cupcake

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



179 kcal

DESSERT

Ingredients

- 1 cup butter
- 7 ounces chocolate dark
- 4 eggs
- 1 teaspoon coffee granules instant
- 1 cup self-rising flour
- 1 teaspoon vanilla extract
- 1 cup sugar white

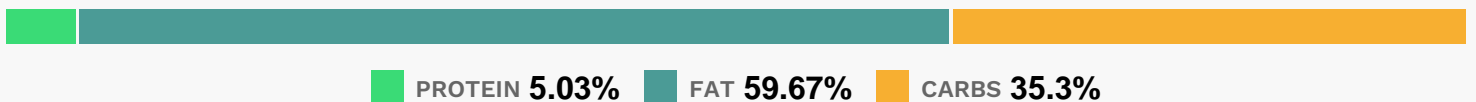
Equipment

- bowl
- oven
- blender
- double boiler
- aluminum foil
- spatula
- muffin liners
- muffin tray

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Line a muffin pan with paper or foil liners.
- Melt the butter and chocolate in the top of a double boiler over barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
- Remove from heat and let cool.
- Blend the eggs and sugar with a mixer in a large bowl. Stir the cooled melted chocolate into the egg mixture.
- Add the vanilla extract and instant coffee. Sift in self-rising flour and stir until well combined. Fill muffin cups 2/3 full.
- Bake in the preheated oven until the tops spring back when lightly pressed, about 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:8.93, Inflammation Score:-2, Nutrition Score:3.1739130486613%

Nutrients (% of daily need)

Calories: 179.26kcal (8.96%), Fat: 12.01g (18.47%), Saturated Fat: 7.13g (44.56%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 14.96g (5.44%), Sugar: 10.37g (11.52%), Cholesterol: 47.86mg (15.95%), Sodium: 73.1mg (3.18%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Caffeine: 7.92mg (2.64%), Protein: 2.28g (4.56%), Manganese: 0.21mg (10.29%), Copper: 0.16mg (8.08%), Selenium: 5.03µg (7.19%), Iron: 1.17mg (6.48%), Vitamin A: 279.29IU

(5.59%), Magnesium: 21.38mg (5.34%), Phosphorus: 47.45mg (4.74%), Fiber: 1.03g (4.11%), Vitamin B2: 0.05mg (2.83%), Zinc: 0.42mg (2.81%), Vitamin E: 0.37mg (2.44%), Potassium: 78.61mg (2.25%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.1µg (1.74%), Folate: 5.45µg (1.36%), Calcium: 13.35mg (1.34%), Vitamin K: 1.3µg (1.24%)