



## Skinny Chocolate Frosted Cupcakes

READY IN



80 min.

SERVINGS



12

CALORIES



227 kcal

DESSERT

### Ingredients

- 1.3 cups flour all-purpose
- 0.7 cup granulated sugar
- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.5 cup skim milk fat-free (skim)
- 0.3 cup butter unsalted 68% softened
- 2 teaspoons vanilla
- 3 egg whites
- 1.5 cups powdered sugar

- 0.3 cup cocoa powder unsweetened
- 2 tablespoons butter unsalted 68% softened
- 2 teaspoons vanilla
- 1 tablespoons skim milk fat-free (skim)

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In medium bowl, beat all cupcake ingredients except egg whites with electric mixer on low speed 30 seconds; beat on medium speed 1 minute.
- Add egg whites; beat on medium speed 1 minute. Divide batter evenly among muffin cups.
- Bake 28 to 32 minutes or until toothpick inserted in center comes out clean and tops just begin to brown. Cool 2 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- In medium bowl, mix powdered sugar, cocoa, 2 tablespoons butter, 2 teaspoons vanilla and 1 tablespoon of the milk with electric mixer on low speed. Gradually beat in just enough of remaining milk to make frosting smooth and spreadable.
- Spread frosting over cupcakes.

## Nutrition Facts



■ PROTEIN 5.18% ■ FAT 28.84% ■ CARBS 65.98%

## Properties

Glycemic Index:25.3, Glycemic Load:15.26, Inflammation Score:-4, Nutrition Score:3.8134782510283%

## Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 226.62kcal (11.33%), Fat: 7.39g (11.36%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 36.99g (13.45%), Sugar: 26.63g (29.58%), Cholesterol: 0.34mg (0.11%), Sodium: 201.23mg (8.75%), Alcohol: 0.46g (100%), Alcohol %: 0.82% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.99g (5.97%), Selenium: 6.56µg (9.37%), Manganese: 0.16mg (8.15%), Vitamin B1: 0.11mg (7.42%), Vitamin B2: 0.13mg (7.41%), Vitamin A: 332.39IU (6.65%), Folate: 25.02µg (6.25%), Phosphorus: 53.62mg (5.36%), Calcium: 52.31mg (5.23%), Iron: 0.93mg (5.17%), Copper: 0.09mg (4.57%), Vitamin B3: 0.84mg (4.18%), Fiber: 1.02g (4.06%), Magnesium: 14.56mg (3.64%), Potassium: 78.76mg (2.25%), Vitamin E: 0.28mg (1.85%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.08µg (1.36%), Vitamin B5: 0.12mg (1.24%)