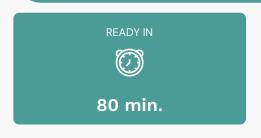


Skinny Chocolate Frosted Cupcakes







DESSERT

Ingredients

'	.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	B 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)
Εq	uipment
	bowl
	frying pan
	oven
	wire rack
	hand mixer
	toothpicks
	muffin liners
Di	rections
	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

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, Quercetin: 0.18mg, 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%)