



## Sour Cream Chocolate Cupcakes

READY IN



55 min.

SERVINGS



36

CALORIES



220 kcal

DESSERT

### Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 0.8 cup cream sour
- ☐ 0.3 cup shortening
- ☐ 1 cup water
- ☐ 1.3 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon double-acting baking powder

- ☐ 2 eggs
- ☐ 4 oz baker's chocolate unsweetened cooled melted
- ☐ 4 cups powdered sugar
- ☐ 1 cup butter softened
- ☐ 3 tablespoons milk
- ☐ 1.5 teaspoons vanilla
- ☐ 3 oz baker's chocolate unsweetened cooled melted

## Equipment


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

## Directions

- ☐ Heat oven to 350°F. Line 36 regular-size muffin cups with paper baking cups. In large bowl, beat all cupcake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups, filling each 1/2 full.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from pan; place on cooling rack. Cool completely.
- ☐ In medium bowl, beat all frosting ingredients with electric mixer on medium speed until smooth and spreadable. If necessary, stir in additional milk, 1 teaspoon at a time.
- ☐ Spread frosting over cupcakes.

## Nutrition Facts



 PROTEIN **3.38%**  FAT **41.66%**  CARBS **54.96%**

Properties

Glycemic Index:7.64, Glycemic Load:11.63, Inflammation Score:-3, Nutrition Score:3.7234782074457%

Flavonoids

Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epicatechin: 7.82mg, Epicatechin: 7.82mg, Epicatechin: 7.82mg, Epicatechin: 7.82mg

Nutrients (% of daily need)

Calories: 220.02kcal (11%), Fat: 10.69g (16.44%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 30.62g (11.13%), Sugar: 24.47g (27.18%), Cholesterol: 12.07mg (4.02%), Sodium: 175.63mg (7.64%), Alcohol: 0.1g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.41mg (1.47%), Protein: 1.95g (3.9%), Manganese: 0.28mg (14.01%), Copper: 0.19mg (9.69%), Iron: 1.35mg (7.49%), Selenium: 3.9µg (5.57%), Vitamin A: 270.63IU (5.41%), Magnesium: 20.78mg (5.2%), Vitamin B1: 0.07mg (4.41%), Fiber: 1.1g (4.41%), Zinc: 0.64mg (4.24%), Phosphorus: 41.98mg (4.2%), Vitamin B2: 0.07mg (4%), Folate: 15.75µg (3.94%), Vitamin B3: 0.49mg (2.47%), Vitamin E: 0.35mg (2.36%), Calcium: 20.04mg (2%), Potassium: 67.99mg (1.94%), Vitamin K: 1.4µg (1.33%), Vitamin B5: 0.11mg (1.13%)