

# Spiced Cocoa Cupcakes

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



211 kcal

DESSERT

## Ingredients

- 0.8 cup apple sauce
- 0.3 cup cocoa powder
- 0.8 teaspoon baking soda
- 0.3 cup butter melted
- 1 cup powdered sugar
- 0.5 cup cranberries dried
- 1 eggs
- 1.5 cups flour all-purpose

- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 4.5 teaspoons milk
- 0.3 teaspoon salt
- 0.8 cup sugar

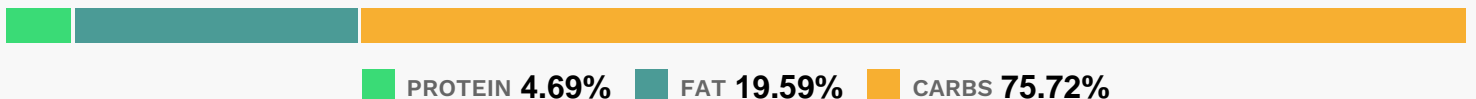
## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin liners

## Directions

- In a large bowl, combine the first seven ingredients. In another bowl, whisk the egg, applesauce and butter; stir into dry ingredients just until combined. Fold in the cranberries.
- Fill greased or paper lined muffin cups two-thirds full.
- Bake at 350° for 18–20 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack to cool completely.
- In a small bowl, combine the confectioners' sugar and milk until smooth.
- Drizzle over cupcakes.

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:17.4, Inflammation Score:-2, Nutrition Score:3.8630435136349%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epicatechin: 4.34mg, Epicatechin: 4.34mg, Epicatechin: 4.34mg, Epicatechin: 4.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## **Nutrients (% of daily need)**

Calories: 210.54kcal (10.53%), Fat: 4.77g (7.34%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 39.92g (14.51%), Sugar: 27.55g (30.61%), Cholesterol: 24.03mg (8.01%), Sodium: 154.76mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.57g (5.14%), Manganese: 0.2mg (10.16%), Selenium: 6.98µg (9.96%), Vitamin B1: 0.13mg (8.77%), Folate: 31.52µg (7.88%), Vitamin B2: 0.11mg (6.63%), Fiber: 1.55g (6.2%), Iron: 1.11mg (6.17%), Copper: 0.1mg (5.13%), Vitamin B3: 1.01mg (5.05%), Phosphorus: 41.6mg (4.16%), Magnesium: 13.9mg (3.47%), Vitamin A: 145.61IU (2.91%), Zinc: 0.3mg (2.03%), Vitamin E: 0.29mg (1.94%), Potassium: 67.5mg (1.93%), Vitamin B5: 0.16mg (1.59%), Calcium: 11.95mg (1.19%), Vitamin B6: 0.02mg (1.13%)