



Sunken Chocolate-Orange Cupcakes



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



464 kcal

DESSERT

Ingredients

- ☐ 1 cup blanched almonds and
- ☐ 4 large eggs separated
- ☐ 2 teaspoons orange peel finely grated
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 1 cup sugar divided
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 12 servings whipped cream

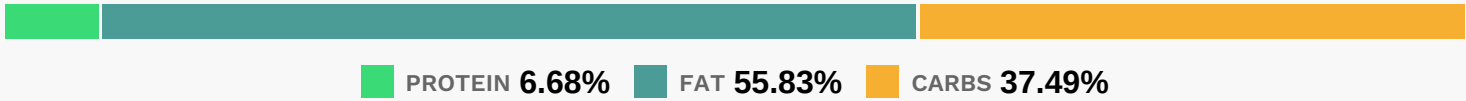
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place almonds in processor. Using on/off turns, blend until nuts are coarsely ground.
- ☐ Line 12-cup muffin pan with paper liners. Microwave chocolate and butter in small bowl on high 30 seconds; stir. Microwave until almost melted, about 30 seconds longer. Stir to combine. Cool chocolate mixture until barely lukewarm but still liquid, about 5 minutes.
- ☐ Whisk egg yolks and 3/4 cup sugar in large bowl until blended.
- ☐ Mix in orange peel, ground almonds, and chocolate mixture.
- ☐ Using electric mixer, beat egg whites and remaining 1/4 cup sugar in another large bowl until mixture is thick and glossy and peaks form. Fold egg-white mixture into chocolate mixture in 3 additions. Divide batter among prepared muffin cups (about 1/3 cup batter in each).
- ☐ Bake until edges are firm and tops are cracked all over, about 16 minutes for very soft cake or about 22 minutes for firmer cake.
- ☐ Serve warm with whipped cream or ice cream. DO AHEAD: Can be made 2 days ahead. Cover and chill. Rewarm in microwave in 10-second intervals before serving.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:20.85, Inflammation Score:-5, Nutrition Score:10.324347755183%

Nutrients (% of daily need)

Calories: 463.65kcal (23.18%), Fat: 29.28g (45.05%), Saturated Fat: 14.44g (90.23%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 41.2g (14.98%), Sugar: 38.11g (42.35%), Cholesterol: 112.51mg (37.5%), Sodium: 81.55mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 7.88g (15.76%), Manganese: 0.45mg (22.63%), Vitamin E: 3.18mg (21.19%), Phosphorus: 203.88mg (20.39%), Vitamin B2: 0.32mg (19.09%), Copper: 0.37mg (18.65%), Magnesium: 72.68mg (18.17%), Calcium: 133.09mg (13.31%), Vitamin A: 615.8IU (12.32%), Fiber: 3.04g (12.16%), Selenium: 8.42µg (12.03%), Iron: 1.9mg (10.56%), Zinc: 1.49mg (9.94%), Potassium: 333.46mg (9.53%), Vitamin B12: 0.46µg (7.6%), Vitamin B5: 0.74mg (7.4%), Folate: 16.62µg (4.16%), Vitamin D: 0.61µg (4.05%), Vitamin B1: 0.06mg (4.04%), Vitamin B6: 0.08mg (3.96%), Vitamin B3: 0.62mg (3.09%), Vitamin K: 2.27µg (2.16%), Vitamin C: 0.85mg (1.03%)