



The Ultimate Black Bottom Cupcake

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk room temperature
- ☐ 16 oz cream cheese room temperature
- ☐ 0.8 cup dutch process cocoa powder – hershey's dark unsweetened
- ☐ 2 large egg whites room temperature
- ☐ 7.9 oz flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon salt

- ☐ 2 tbsp cup heavy whipping cream sour room temperature
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable oil

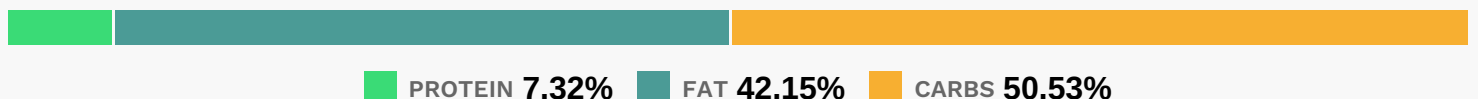
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F. and line 18 muffin cups with paper liners. Beat the cream cheese, sugar and salt until smooth.
- ☐ Add the egg whites and stir or beat on low speed just until mixed; stir in the sour cream and chocolate chips. Set aside.
- ☐ Mix the flour, cocoa powder, baking soda and salt together in a small bowl. In the actual mixing bowl, beat together the oil and sugar. You can do this with a whisk, spoon or hand-held mixer.
- ☐ Mix together the buttermilk and vanilla.
- ☐ Add the buttermilk/vanilla mixture and the flour alternately to the sugar/oil mixture. Stir until smooth – be careful not to overbeat. Divide the chocolate batter evenly among the muffin tins. Spoon large tablespoonfuls of cream cheese batter over the chocolate batter. You should have some cream cheese batter leftover.
- ☐ Bake on center rack for about 25 minutes.
- ☐ Let cool in cupcake pan for 30 minutes and then transfer to the refrigerator to chill. Makes 18

Nutrition Facts



Properties

Glycemic Index:15.18, Glycemic Load:19.08, Inflammation Score:-4, Nutrition Score:5.1708695322437%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 230.62kcal (11.53%), Fat: 11.25g (17.31%), Saturated Fat: 5.97g (37.32%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 28.69g (10.43%), Sugar: 18.46g (20.51%), Cholesterol: 27.7mg (9.23%), Sodium: 193.93mg (8.43%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.4g (8.8%), Selenium: 8.27µg (11.82%), Manganese: 0.23mg (11.4%), Vitamin B2: 0.17mg (10.17%), Copper: 0.16mg (8.21%), Phosphorus: 79.63mg (7.96%), Vitamin B1: 0.11mg (7.53%), Vitamin A: 368.74IU (7.37%), Folate: 27.08µg (6.77%), Fiber: 1.66g (6.65%), Iron: 1.12mg (6.22%), Magnesium: 24.81mg (6.2%), Calcium: 48.07mg (4.81%), Vitamin B3: 0.85mg (4.27%), Potassium: 127.68mg (3.65%), Zinc: 0.52mg (3.44%), Vitamin K: 2.94µg (2.8%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.34mg (2.27%), Vitamin B12: 0.12µg (2.05%), Vitamin B6: 0.03mg (1.47%), Vitamin D: 0.17µg (1.16%)