



Tiramisu Cupcakes

READY IN



115 min.

SERVINGS



24

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup brandy
- ☐ 3 egg whites
- ☐ 3 tablespoons espresso powder instant
- ☐ 0.3 cup water boiling
- ☐ 2 tablespoons plus
- ☐ 8 oz cream cheese softened

- ☐ 0.5 cup powdered sugar
- ☐ 2 cups whipping cream
- ☐ 1 serving cocoa powder unsweetened
- ☐ 1 serving general foods international suisse mocha cafe

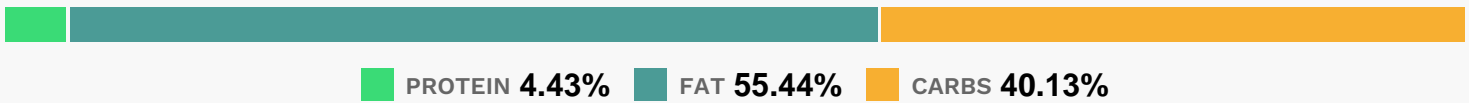
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cake mix, water, oil, brandy and egg whites with electric mixer on low speed 30 seconds, then on medium speed 2 minutes. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 23 minutes or until toothpick inserted in center comes out clean. Meanwhile, in small bowl, stir espresso granules and boiling water. Stir in corn syrup. Cool 10 minutes. Pierce top of warm cupcakes with large-tined fork. Slowly spoon about 1 teaspoon espresso mixture over top of each cupcake, allowing it to soak into holes. Cool completely.
- ☐ Remove cupcakes from pans.
- ☐ In medium bowl, beat cream cheese and powdered sugar with electric mixer on low speed until mixed. Beat on high speed until smooth. On high speed, gradually beat in whipping cream until stiff peaks form, about 2 minutes. Spoon in dollops on cupcakes.
- ☐ Sprinkle with cocoa and top with espresso beans. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.54, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:3.6430435057568%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg

Nutrients (% of daily need)

Calories: 241.35kcal (12.07%), Fat: 14.75g (22.7%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 23.65g (8.6%), Sugar: 14.59g (16.21%), Cholesterol: 32.17mg (10.72%), Sodium: 193.06mg (8.39%), Alcohol: 0.83g (100%), Alcohol %: 1.32% (100%), Caffeine: 33.7mg (11.23%), Protein: 2.65g (5.3%), Phosphorus: 99.32mg (9.93%), Vitamin A: 418.46IU (8.37%), Vitamin B2: 0.13mg (7.52%), Calcium: 72.95mg (7.3%), Vitamin K: 7.09µg (6.76%), Selenium: 4.17µg (5.96%), Vitamin E: 0.7mg (4.68%), Folate: 16.94µg (4.23%), Vitamin B1: 0.05mg (3.64%), Vitamin B3: 0.73mg (3.63%), Manganese: 0.07mg (3.4%), Iron: 0.53mg (2.97%), Magnesium: 9.21mg (2.3%), Potassium: 79.36mg (2.27%), Vitamin D: 0.32µg (2.12%), Copper: 0.04mg (1.84%), Vitamin B5: 0.18mg (1.77%), Zinc: 0.23mg (1.55%), Fiber: 0.38g (1.51%)