



## Toasted-Coconut Vegan Cupcakes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



196 kcal

DESSERT

### Ingredients

- ☐ 1.5 tsps double-acting baking powder
- ☐ 0.3 cup cocoa powder
- ☐ 2 tsps coconut extract
- ☐ 1 cup coconut milk
- ☐ 0.3 cup coconut oil
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 tsp salt

- ☐ 0.5 cup coconut or shredded unsweetened
- ☐ 1 tsp vanilla extract

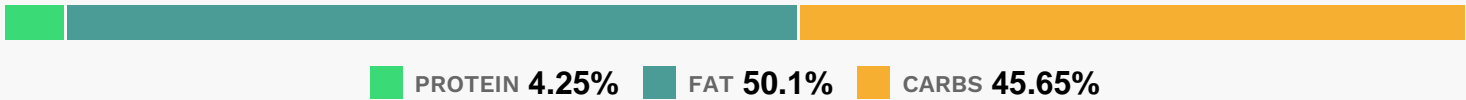
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ stove
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Line a muffin pan with cupcake liners.In a medium bowl, sift together flour, cocoa powder, baking powder and salt.Melt the coconut oil in a small saucepan over very low heat. Once melted, turn off the heat, but leave oil in the pan on the stove, so that it stays warm but does not solidify.In a separate medium bowl, mix together coconut milk, sugar, vanilla and coconut extract. Stir in the melted coconut oil.
- ☐ Add the flour mixture in batches, beating well after each addition.
- ☐ Mix until smooth, then fold in the shredded coconut.Fill cupcake liners two-thirds full.
- ☐ Bake for 24 to 26 minutes.
- ☐ Transfer to a wire rack and cool completely.Frost with Coconut-Pecan-Fudge Frosting.

## Nutrition Facts



## Properties

Glycemic Index:29.67, Glycemic Load:15.13, Inflammation Score:-2, Nutrition Score:4.2821739448801%

## Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

**Nutrients (% of daily need)**

Calories: 195.64kcal (9.78%), Fat: 11.49g (17.67%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 21.75g (7.91%), Sugar: 12.98g (14.42%), Cholesterol: 0mg (0%), Sodium: 106.27mg (4.62%), Alcohol: 0.4g (100%), Alcohol %: 0.94% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.19g (4.38%), Manganese: 0.42mg (20.85%), Iron: 1.63mg (9.06%), Copper: 0.18mg (9.01%), Fiber: 1.8g (7.19%), Selenium: 4.67µg (6.67%), Magnesium: 26.64mg (6.66%), Phosphorus: 65.87mg (6.59%), Vitamin B1: 0.09mg (6.02%), Folate: 22.81µg (5.7%), Vitamin B3: 0.82mg (4.08%), Calcium: 38.73mg (3.87%), Vitamin B2: 0.06mg (3.8%), Potassium: 112.03mg (3.2%), Zinc: 0.42mg (2.82%), Vitamin B6: 0.02mg (1.23%), Vitamin B5: 0.11mg (1.12%)