



Triple Chocolate Cupcakes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



164 kcal

DESSERT

Ingredients

- ☐ 0.5 cup agave nectar
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup coconut flour
- ☐ 0.3 cup chocolate chips dark 73% (cacao)
- ☐ 3 large eggs
- ☐ 0.3 teaspoon sea salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.3 cup cocoa powder unsweetened

☐ 0.3 cup chocolate chips white

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ blender

☐ toothpicks

☐ muffin liners

Directions

☐ Preheat the oven to 350°F. Line 9 muffin cups with paper liners.

☐ In a large bowl, combine the coconut flour, cocoa powder, salt, and baking soda. In a medium bowl, whisk together the eggs and agave nectar. Blend the wet ingredients into the coconut flour mixture with a handheld mixer until thoroughly combined, then fold in all of the chocolate chips.

☐ Scoop 1/4 cup of batter into each prepared muffin cup.

☐ Bake for 25 to 30 minutes, until a toothpick inserted into the center of a cupcake comes out with just a few moist crumbs attached.

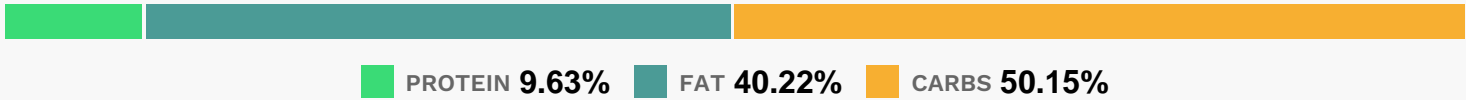
☐ Let the cupcakes cool in the pan for 1 hour, then serve.

☐ Sweetness: High

☐ Reprinted with permission from *Gluten-Free Cupcakes: 50 Irresistible Recipes Made with Almond and Coconut Flour*. Copyright © 2011 by Elana Amsterdam, Celestial Arts, an imprint of Ten Speed Press, a division of the Crown Publishing Group, Berkeley, CA. Photo Credit: Annabelle Breakey. ELANA AMSTERDAM is the popular food blogger of Elana's Pantry, where she has written about gluten-free cooking since 2006, and is also the author of *The Gluten-Free Almond Flour Cookbook*. When she and her son were both diagnosed with celiac disease, she was inspired to develop gluten-free recipes that everyone can enjoy. Her writing has appeared in publications including the *Denver Post*, *Shape Magazine*, the *Boulder Daily Camera*, *Delicious Living*, *Delight Magazine*, and *Elephant*. Elana lives with her family in Boulder, Colorado, and is available for interviews. Visit www.elanaspantry.com.

- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:9.44, Glycemic Load:3.46, Inflammation Score:-2, Nutrition Score:4.7434782359911%

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: 164.17kcal (8.21%), Fat: 7.53g (11.58%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 18.43g (6.7%), Sugar: 15.14g (16.82%), Cholesterol: 63.4mg (21.13%), Sodium: 137.04mg (5.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.79mg (3.26%), Protein: 4.06g (8.11%), Fiber: 2.68g (10.73%), Selenium: 6.57µg (9.39%), Copper: 0.18mg (8.91%), Manganese: 0.17mg (8.54%), Phosphorus: 78.76mg (7.88%), Vitamin B2: 0.13mg (7.5%), Magnesium: 25.24mg (6.31%), Iron: 1.11mg (6.19%), Zinc: 0.73mg (4.83%), Calcium: 40.75mg (4.08%), Vitamin K: 4.06µg (3.87%), Potassium: 134.11mg (3.83%), Vitamin B6: 0.07mg (3.54%), Vitamin B5: 0.34mg (3.44%), Folate: 13.66µg (3.42%), Vitamin B12: 0.2µg (3.32%), Vitamin E: 0.45mg (3.02%), Vitamin C: 2.13mg (2.58%), Vitamin D: 0.33µg (2.22%), Vitamin B1: 0.03mg (2.21%), Vitamin A: 94.5IU (1.89%), Vitamin B3: 0.28mg (1.4%)