



Ultimate Chocolate Cupcakes

READY IN



77 min.

SERVINGS



14

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 6 ounces bittersweet chocolate cooled melted
- ☐ 4.1 ounces bread flour
- ☐ 1 cup hot-brewed coffee hot
- ☐ 1 tablespoon confectioners' sugar
- ☐ 1 ounce dutch-processed cocoa
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 2.3 ounces granulated sugar

- ☐ 0.3 cup heavy cream
- ☐ 1 pinch salt
- ☐ 1 teaspoon salt
- ☐ 12 tablespoons butter unsalted softened cut into 1-tablespoon pieces ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 6 tablespoons vegetable oil
- ☐ 2 teaspoons vinegar white

Equipment

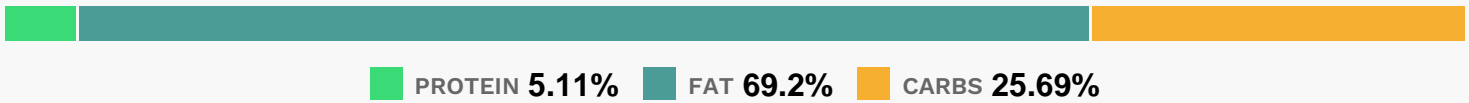
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ microwave
- ☐ spatula
- ☐ muffin tray
- ☐ offset spatula
- ☐ butter knife

Directions

- ☐ Place-chocolate, cream, and confectioners' sugar in medium microwave-safe bowl.
- ☐ Heat in microwave on high power until mixture is warm to touch, 20 to 30 seconds.
- ☐ Whisk until smooth; transfer bowl to refrigerator and let stand until just chilled, no longer than 30 minutes.Chocolate Cupcakes: Adjust oven rack to middle position and heat oven to 350 degrees. Line standard-sized muffin pan (cups have ½-cup capacity) with baking-cup liners (I was able to make 14 cupcakes).
- ☐ Place chocolate and cocoa in medium bowl.

- ☐ Pour hot coffee over mixture and whisk until smooth. Set in refrigerator to cool completely, about 20 minutes.
- ☐ Whisk flour, sugar, salt, and baking soda together in medium bowl; set aside.
- ☐ Whisk oil, eggs, vinegar, and vanilla into cooled chocolate-cocoa mixture until smooth.
- ☐ Add flour mixture and whisk until smooth. Divide batter evenly among muffin pan cups (I filled mine 2/3 full).
- ☐ Place one slightly rounded teaspoon ganache filling on top of each cupcake.
- ☐ Combine sugar, egg whites, and salt in bowl of stand mixer; place bowl over pan of simmering water.
- ☐ Whisking gently but constantly, heat mixture until slightly thickened, foamy, and registers 150 degrees on instant-read thermometer, 2 to 3 minutes.
- ☐ Place bowl in stand mixer fitted with whisk attachment. Beat mixture on medium speed until consistency of shaving cream and slightly cooled, 1 to 2 minutes.
- ☐ Add butter, 1 piece at a time, until smooth and creamy. (Frosting may look curdled after half of butter has been added; it will smooth with additional butter.) Once all butter is added, add cooled melted chocolate and vanilla; mix until combined. Increase speed to medium-high and beat until light, fluffy, and thoroughly combined, about 30 seconds, scraping beater and sides of bowl with rubber spatula as necessary. To frost, mound 2 to 3 tablespoons frosting on center of each cupcake. Using small icing spatula or butter knife, spread frosting to edge of cupcake, leaving slight mound in center (I just put my frosting in a piping bag and piped it with a 1M Wilton tip).

Nutrition Facts



Properties

Glycemic Index:13.36, Glycemic Load:7.22, Inflammation Score:-4, Nutrition Score:5.5226087115867%

Flavonoids

Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 290.92kcal (14.55%), Fat: 22.87g (35.19%), Saturated Fat: 11.11g (69.47%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 17.19g (6.25%), Sugar: 10.01g (11.12%), Cholesterol: 57.9mg (19.3%), Sodium: 269.71mg (11.73%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Caffeine: 21.88mg (7.29%), Protein: 3.8g (7.6%), Manganese: 0.31mg (15.66%), Copper: 0.25mg (12.66%), Vitamin K: 12.68µg (12.08%), Selenium: 8.05µg (11.49%), Magnesium: 36.03mg (9.01%), Vitamin A: 407.17IU (8.14%), Fiber: 1.92g (7.69%), Phosphorus: 75.3mg (7.53%), Iron: 1.27mg (7.04%), Vitamin E: 0.98mg (6.52%), Vitamin B2: 0.1mg (5.6%), Zinc: 0.65mg (4.33%), Potassium: 141.14mg (4.03%), Vitamin B5: 0.26mg (2.64%), Vitamin D: 0.39µg (2.61%), Calcium: 21.95mg (2.19%), Vitamin B12: 0.12µg (1.95%), Folate: 7.82µg (1.95%), Vitamin B3: 0.28mg (1.4%), Vitamin B1: 0.02mg (1.27%), Vitamin B6: 0.02mg (1.2%)