



## Vegan Chocolate Avocado Cupcakes & Video



Dairy Free



Popular

READY IN



38 min.

SERVINGS



12

CALORIES



228 kcal

DESSERT

### Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1 avocado diced pitted peeled
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup cocoa powder
- ☐ 0.3 cup coconut oil organic pressed (, Expeller and Refined)
- ☐ 1 cup maple syrup pure
- ☐ 0.8 cup non-dairy milk (I used almond milk)

- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons vanilla extract

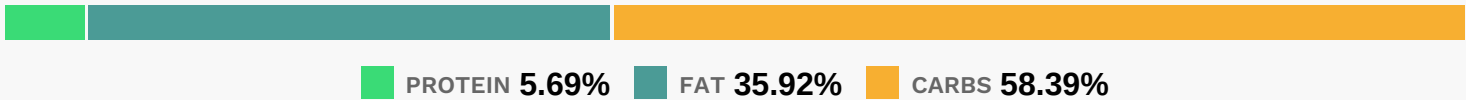
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Line a 12 cup muffin pan with paper liners.In a large bowl sift together the flour, cocoa powder, baking powder, baking soda and salt.In a blender/food processor puree together the avocado, milk, oil, maple syrup and vanilla extract. It has to be smooth and creamy without any lumps.Stir in the wet mixture into the flour mix. Do not over mix.Divide the batter evenly among the 12 cups and bake it for 23–25 minutes or until a toothpick inserted in the center of the cupcake comes out with crumbs attached.
- ☐ Remove the pan from the oven and let the cupcakes cool in the pan for 5 minutes on a wire rack. After 5 minutes remove the cupcakes from the pan and cool it completely on the cooling rack before you can frost it.

## Nutrition Facts



## Properties

Glycemic Index:24.91, Glycemic Load:15.59, Inflammation Score:-4, Nutrition Score:9.5169563811758%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.62mg, Epicatechin: 10.62mg, Epicatechin: 10.62mg, Epicatechin: 10.62mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 227.56kcal (11.38%), Fat: 9.65g (14.84%), Saturated Fat: 5.84g (36.51%), Carbohydrates: 35.28g (11.76%), Net Carbohydrates: 31.69g (11.52%), Sugar: 16.78g (18.65%), Cholesterol: 0mg (0%), Sodium: 261.54mg (11.37%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Caffeine: 12.36mg (4.12%), Protein: 3.44g (6.87%), Manganese: 0.96mg (47.78%), Vitamin B2: 0.48mg (28.39%), Fiber: 3.59g (14.37%), Copper: 0.28mg (13.84%), Folate: 48.6µg (12.15%), Vitamin B1: 0.17mg (11%), Magnesium: 40.92mg (10.23%), Iron: 1.71mg (9.49%), Selenium: 6.47µg (9.25%), Vitamin B3: 1.84mg (9.21%), Calcium: 80.94mg (8.09%), Potassium: 261.91mg (7.48%), Phosphorus: 72.38mg (7.24%), Zinc: 0.81mg (5.39%), Vitamin E: 0.74mg (4.93%), Vitamin B6: 0.09mg (4.54%), Vitamin K: 3.74µg (3.56%), Vitamin C: 2.74mg (3.32%), Vitamin B5: 0.31mg (3.15%), Vitamin B12: 0.16µg (2.65%), Vitamin A: 82.42IU (1.65%), Vitamin D: 0.18µg (1.18%)