



Vegan Chocolate Cupcakes



Vegetarian



Vegan



Dairy Free

READY IN



29 min.

SERVINGS



12

CALORIES



121 kcal

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 2 Teaspoons double-acting baking powder
- ☐ 0.5 Teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup cocoa powder
- ☐ 0.5 cup prune purée for 2 eggs (Substitute)
- ☐ 2 Teaspoons vanilla extract
- ☐ 2 Tablespoons water

Equipment


- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ spatula
- ☐ muffin tray
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 375F for 15 minutes. Grease or line with paper liners 1 regular size muffin tin and 1 mini muffin tin.
- ☐ Drain the black beans from the can, rinse it well under running water and puree it in a food processor/blender using approximately 1/4 cup of water. The puree should be very smooth without any lumps. To this also add the sugar, prune puree, 2 tablespoons of water, canola oil and vanilla extract. Process/blend it again for another 2–3 minutes.
- ☐ Transfer it to a large bowl. In a small bowl whisk together flour, cocoa powder, baking powder and baking soda.
- ☐ Add the flour mixture to the wet ingredients in 3 parts. That is, first add 1/3rd of the flour mixture to the bean and prune puree, mix it well. Then add another 1/3rd and then the last 1/3rd of the flour mixture. Having some lumps is fine. I found that using a wire whisk to mix the batter worked well than using a spatula. The batter was in the consistency of pancake batter. Initially I felt that the quantity of the wet ingredients was way too much, but once I started mixing it to the flour I was relieved to find out that the proportions were getting right. Fill the muffin wells 2/3rds full, around 3 tablespoons of the batter. For the mini muffin tin, just use 1 tablespoon. I placed both the muffin tins in the same rack. The mini muffins were done by 9 minutes and the regular size muffins around 14 minutes. Oven temperatures may vary so check for doneness by inserting a toothpick in the center and it should come out clean. Cool in pan for 5 minutes. Slide a knife around the edges of the cupcake and invert the tin slowly. The cupcakes will fall down, cool them on a rack. Frosting is optional.

Nutrition Facts



 **PROTEIN 6%**  **FAT 47.73%**  **CARBS 46.27%**

Properties

Glycemic Index:16.33, Glycemic Load:7.11, Inflammation Score:-2, Nutrition Score:4.4208695183954%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 120.76kcal (6.04%), Fat: 6.84g (10.53%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 12.8g (4.66%), Sugar: 2.94g (3.26%), Cholesterol: 0mg (0%), Sodium: 117.56mg (5.11%), Alcohol: 0.23g (100%), Alcohol %: 0.92% (100%), Caffeine: 8.24mg (2.75%), Protein: 1.94g (3.87%), Manganese: 0.23mg (11.59%), Copper: 0.17mg (8.61%), Fiber: 2.12g (8.49%), Vitamin K: 8.87µg (8.45%), Vitamin E: 1.13mg (7.53%), Iron: 1.12mg (6.24%), Vitamin B1: 0.09mg (5.89%), Magnesium: 23.43mg (5.86%), Selenium: 4.07µg (5.81%), Phosphorus: 57.2mg (5.72%), Folate: 20.5µg (5.12%), Calcium: 48.59mg (4.86%), Vitamin B2: 0.07mg (4.37%), Vitamin B3: 0.83mg (4.16%), Potassium: 119.8mg (3.42%), Zinc: 0.35mg (2.33%), Vitamin B6: 0.02mg (1.19%), Vitamin A: 56.62IU (1.13%)