



Your Basic Chocolate Cupcake (Vegan)



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp almond extract
- ☐ 1 tsp apple cider vinegar
- ☐ 0.5 tsp double-acting baking powder
- ☐ 0.8 tsp baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup cocoa powder
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar

- ☐ 0.3 tsp salt
- ☐ 1 cup soy milk
- ☐ 1 tsp vanilla extract

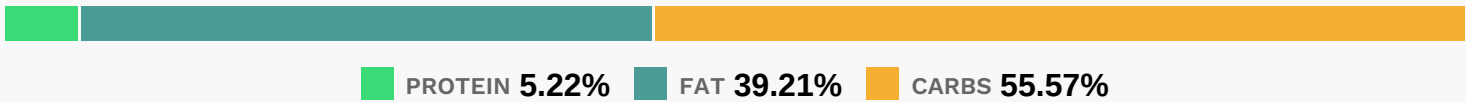
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°.Line a muffin pan with cupcake liners.
- ☐ Whisk together the soy milk and vinegar in a large bowl. Set aside for a few minutes to curdle.
- ☐ Add the sugar, oil, vanilla extract and almond extract to the soy-milk mixture. Beat till foamy.In a separate bowl, sift together the flour, cocoa powder, baking soda, baking powder and salt.
- ☐ Add in 2 batches to wet ingredients. Beat until no large lumps remain (a few tiny lumps are okay).
- ☐ Pour into liners, filling three-quarters of the way.
- ☐ Bake 18 to 20 minutes, until a toothpick inserted into the center comes out clean.
- ☐ Transfer to cooling rack and cool completely.Frost with Chocolate-Mousse Topping.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:14.73, Inflammation Score:-2, Nutrition Score:4.2834782496743%

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: 157.04kcal (7.85%), Fat: 7.08g (10.9%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 21.34g (7.76%), Sugar: 13.11g (14.57%), Cholesterol: 0mg (0%), Sodium: 158.16mg (6.88%), Alcohol: 0.18g (100%), Alcohol %: 0.43% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.12g (4.25%), Vitamin E: 1.59mg (10.62%), Manganese: 0.17mg (8.28%), Vitamin B3: 1.32mg (6.58%), Copper: 0.13mg (6.55%), Folate: 26.12µg (6.53%), Vitamin B1: 0.1mg (6.39%), Selenium: 4.4µg (6.29%), Vitamin B2: 0.1mg (5.84%), Iron: 0.94mg (5.23%), Fiber: 1.24g (4.98%), Calcium: 43.66mg (4.37%), Vitamin K: 4.53µg (4.31%), Magnesium: 14.35mg (3.59%), Vitamin B12: 0.21µg (3.54%), Phosphorus: 33.05mg (3.3%), Vitamin B6: 0.05mg (2.67%), Potassium: 76.57mg (2.19%), Zinc: 0.28mg (1.9%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.24µg (1.57%), Vitamin A: 77.29IU (1.55%)