

# Black Bottom Cupcakes

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"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

## CUPCAKES

1 1/2 cups flour  
1 cup sugar  
1/4 cup unsweetened cocoa  
1/2 teaspoon salt  
1 teaspoon baking soda  
1 cup water  
1/3 cup vegetable oil  
1 tablespoon vinegar  
1 tablespoon vanilla

## FILLING

8 ounces cream cheese  
1 egg  
1 cup chocolate morsels  
1/3 cup granulated sugar  
1/8 teaspoon salt  
confectioner's sugar

Preheat the oven to 350 degrees.

In a bowl, mix the flour, sugar, cocoa, salt and baking soda.

In a separate bowl, mix the water, oil, vinegar and vanilla. Add to the flour mixture. Mix well.

Place cupcake liners in a muffin pan. Fill each liner half full of batter.

In a bowl, mix the cream cheese and egg with an electric mixer until smooth. Add the chocolate morsels to the mixture and mix in with a spoon. Drop 1/2 teaspoon of the filling into each cupcake.

Bake for 15 to 20 minutes.

When done, sprinkle with confectioner's sugar.

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Per Serving (excluding unknown items): 3336 Calories; 160g Fat (42.9% calories from fat); 48g Protein; 431g Carbohydrate; 12g Dietary Fiber; 461mg Cholesterol; 3345mg Sodium. Exchanges: 9 1/2 Grain(Starch); 4 Lean Meat; 29 1/2 Fat; 18 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	3336	Vitamin B6 (mg):	.2mg
% Calories from Fat:	42.9%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	51.4%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	1.6mg

**Total Fat (g):** 160g  
**Saturated Fat (g):** 61g  
**Monounsaturated Fat (g):** 68g  
**Polyunsaturated Fat (g):** 20g  
**Cholesterol (mg):** 461mg  
**Carbohydrate (g):** 431g  
**Dietary Fiber (g):** 12g  
**Protein (g):** 48g  
**Sodium (mg):** 3345mg  
**Potassium (mg):** 1650mg  
**Calcium (mg):** 285mg  
**Iron (mg):** 22mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 3480IU  
**Vitamin A (r.e.):** 1045RE

**Folacin (mcg):** 103mcg  
**Niacin (mg):** 11mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 38  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 9 1/2  
**Lean Meat:** 4  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 29 1/2  
**Other Carbohydrates:** 18 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 3336                      **Calories from Fat:** 1431

### % Daily Values\*

<b>Total Fat</b>	160g	246%
Saturated Fat	61g	306%
<b>Cholesterol</b>	461mg	154%
<b>Sodium</b>	3345mg	139%
<b>Total Carbohydrates</b>	431g	144%
Dietary Fiber	12g	46%
<b>Protein</b>	48g	
<b>Vitamin A</b>		70%
<b>Vitamin C</b>		0%
<b>Calcium</b>		28%
<b>Iron</b>		120%

\* Percent Daily Values are based on a 2000 calorie diet.