

Chocolate Applesauce Cupcake

(Adapted with permission from [Good Carbs, Bad Carbs](#) -- DaCapo Lifelong Books, New York.) You just can't imagine how light and moist and tasty these cupcakes are unless you try them! Any nutritionist would agree that eating one of these treats is 186 calories well spent.



Serving size: 1 large cupcake, or 4 mini cupcakes. Serves 12.

Ingredients

½ cup tub margarine or light butter
¾ cup sugar
1 egg
¼ egg substitute
½ cup cocoa powder, unsweetened
1 ½ cups natural applesauce
1 ¾ cups whole wheat flour
1 tsp. baking powder
1 tsp baking soda
½ tsp salt

Directions

1. Preheat oven to 350 F. Grease and flour the appropriate cupcake tin.
2. In a deep mixing bowl, cream the margarine or butter and sugar for about 1 ½ minutes at medium speed until smooth.
3. Add in the egg, egg substitute and cocoa powder and mix for about 1 minute until smooth, scraping the sides of the bowl frequently. Fold in the applesauce.
4. In a small mixing bowl, combine the next 4 ingredients (flour through salt). Add the dry ingredients to the egg mixture and mix by hand, about 60 or 70 strokes. Do not over mix.
5. Fill the cupcake molds half to three-quarters full. Bake the large cupcakes for 22 minutes or the mini cupcakes for 15 minutes. Cool before removing from pan.

Nutritional Information

Calories: 186
Carbohydrates: 31 g
Protein: 4 g
Fat: 7 g
Saturated Fat: < 0.5 gram
Cholesterol: 18 mg
Fiber: 4 g

GI Value: 57 - intermediate