Nutrition and Cost Analysis: Full-fat vs. Low-fat/fat-free Chocolate Cupcakes

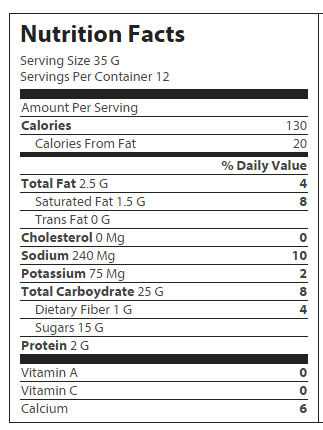
Performance Objective 7

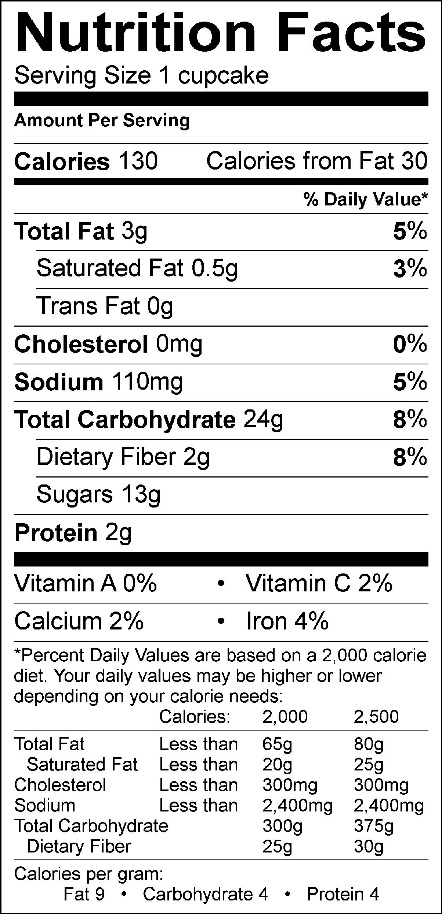
|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Food | Cost per package | Cost per recipe | Time: Prep + Cooking | Totals |
| 1 Avocado | $1.05 | $1.05 | 10 +20 = 30 minutes | 30 minutes |
| 3/4 c sugar  (150 g) | $1.88—2 lb. (907 g) | $0.32 |  |  |
| 1/2 c milk | $2.67—gallon | $0.09 |  |  |
| 1 tsp vanilla | $2.16—2 oz. | $0.16 |  |  |
| 1/4 tsp balsamic vinegar | $2.82—16 oz. | $0.01 |  |  |
| 1 egg WHITE | $2.68—dozen | $0.23 |  |  |
| 1 cup flour | $2.48—5 lb. (2.26 kg) | $0.14 |  |  |
| 1/4 c cocoa powder | $3.18—8 oz (226 g) | $0.31 |  |  |
| 1/2 tsp baking soda | $0.58—8 oz  (227 g) | $0.01 |  |  |
| 1/4 tsp salt | $1.12—26 oz.  (737 g) | $0.01 |  | $2.33 |
|  |  |  |  |  |
| *Betty Crocker Hershey’s Chocolate Cupcake Mix* | $2.28—15 oz. box | $2.28 | 5 + 20 minutes = 25 minutes | 25 minutes  $2.28 |
| *Avocado recipe substituting 1/2 c. oil for the avocado* | $2.32—48 oz | $0.20 |  | Recipe with oil and no avocado = $1.48 |

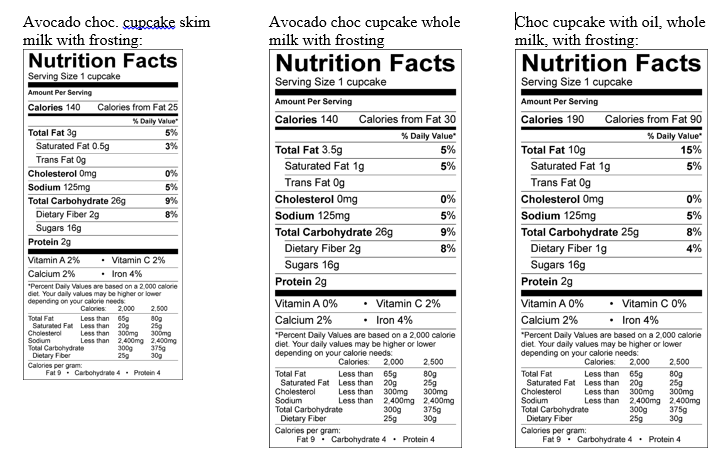
The prices and times are about the same, as are the total calories and fats. However, this is a good time for a discussion about types of fats and really reading the labels—the avocado cupcakes have a third of the saturated fats found in the mix, twice the dietary fiber, half the sodium and twice the potassium.

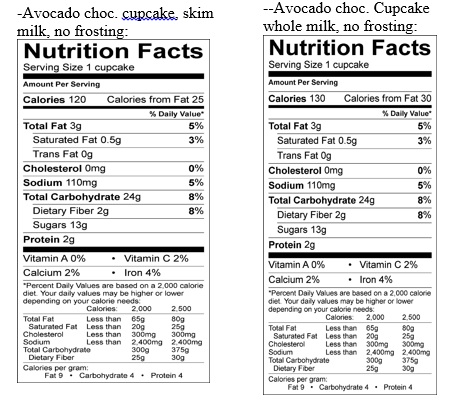
Chocolate Cupcakes with Avocado, whole milk, no frosting:

Betty Crocker Hershey’s Chocolate Cupcakes









Chocolate Cupcakes (with avocado)

Ingredients

1 avocado, pureed

¾ c. sugar

½ c. milk

1 tsp. vanilla

¼ tsp. balsamic vinegar

1 egg WHITE (only)

1 c. flour

¼ c. cocoa powder

½ tsp. baking soda

¼ tsp. salt

*Frosting:*

¼ pkg. cream cheese, softened

¼ c. powdered sugar, sifted

½ tsp. vanilla

Pinch of salt

Directions:

1. Preheat oven to 350 degrees F. Prepare muffin cups by spraying them with non-stick spray. (You will make 12 muffins)
2. In a separate bowl, mash the avocado until smooth.
3. Separate the egg yolks from the whites. Discard the yolks.
4. In an electric mixer or bowl, beat the avocado puree, sugar, milk, vanilla and vinegar until smooth. Beat in the **egg whites** one at a time, just until incorporated.
5. In a separate bowl, mix the flour, cocoa powder, baking soda, and salt. Add that to the wet batter and beat until smooth.
6. Divide the batter among the muffin cups. Bake until the tops of the cupcakes are lightly browned and spring back to the touch for **20 minutes**.
7. Once finished, turn out onto a rack and cool completely before frosting.

Frosting:

Beat together the cream cheese, powdered sugar, vanilla and salt. Use the KitchenAid for easy clean up and less of a mess.

