



Black and White Rum Cakes

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



127 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 3 oz baker's chocolate unsweetened cooled melted
- 2 teaspoons rum extract
- 2 egg whites
- 0.5 cup sugar
- 0.3 cup plus light
- 2 tablespoons water
- 2 teaspoons rum extract

- 1 serving mint

Equipment

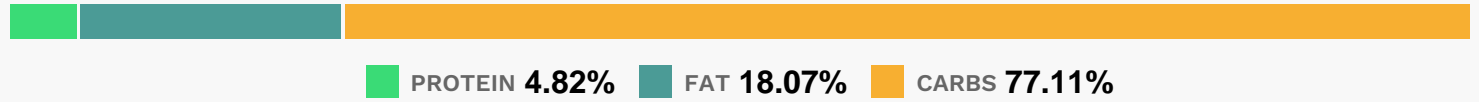
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks
- kitchen thermometer
- muffin liners
- candy thermometer

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups. Make cake batter as directed on box for whole eggs.
- In small bowl, place 2 cups of the batter; stir in chocolate. Into remaining batter, stir 2 teaspoons rum extract. Into bottom of each muffin cup, spoon about 1 1/2 tablespoons chocolate batter. Top each with about 1 1/2 tablespoons rum batter.
- Bake 20 to 26 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- In medium bowl, beat 2 egg whites with electric mixer on high speed just until stiff peaks form; set aside.
- In 1-quart saucepan, stir sugar, corn syrup and 2 tablespoons water until well mixed. Cover and heat to rolling boil over medium heat. Uncover and boil 4 to 8 minutes, without stirring, to 242°F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a firm ball that holds its shape until pressed. For an accurate temperature reading, tilt the saucepan slightly so mixture is deep enough for thermometer.

- Pour hot syrup very slowly in thin stream into egg whites, beating constantly on medium speed.
- Add 2 teaspoons rum extract. Beat on high speed about 10 minutes or until stiff peaks form. Immediately spread frosting on cupcakes.
- Sprinkle with chocolate sprinkles. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:2.9773912964308%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 127.05kcal (6.35%), Fat: 2.69g (4.15%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 25.04g (9.11%), Sugar: 16.38g (18.2%), Cholesterol: 0mg (0%), Sodium: 156.59mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Manganese: 0.19mg (9.61%), Phosphorus: 87.15mg (8.71%), Copper: 0.13mg (6.65%), Iron: 1.04mg (5.78%), Calcium: 51.47mg (5.15%), Folate: 16.17µg (4.04%), Selenium: 2.69µg (3.84%), Vitamin B2: 0.06mg (3.65%), Vitamin B1: 0.05mg (3.61%), Magnesium: 14.28mg (3.57%), Fiber: 0.83g (3.3%), Zinc: 0.46mg (3.05%), Vitamin B3: 0.56mg (2.82%), Vitamin E: 0.2mg (1.34%), Potassium: 46.96mg (1.34%)