



## Chocolate Cups with Ice Cream and Peanuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

## Ingredients

- ☐ 4 oz fine-quality bittersweet chocolate unsweetened chopped (not )
- ☐ 1 pt superpremium ice cream softened
- ☐ 0.3 cup cocktail peanuts chopped

## Equipment

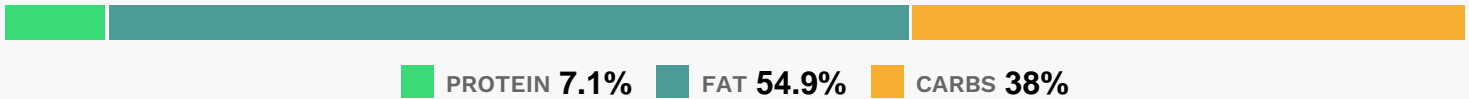
- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ ziploc bags

- ☐ muffin liners
- ☐ kitchen scissors
- ☐ offset spatula

## Directions

- ☐ Line muffin cups and lightly spray liners with cooking spray.
- ☐ Melt chocolate in a metal bowl set over a saucepan of barely simmering water, stirring occasionally, until smooth. Spoon a scant teaspoon chocolate into each cup and use paintbrush to coat bottoms and sides evenly. Freeze cups until chocolate is firm, about 5 minutes, then repaint any thin spots, especially around top edges, with some of remaining chocolate and refreeze until firm, about 5 minutes.
- ☐ Spoon remaining melted chocolate into a small sealable plastic bag, pressing out excess air. Twist bag firmly just above chocolate and set aside.
- ☐ Working in 3 batches, scoop about 1 1/2 tablespoons ice cream into each cup and gently press into cups with a small offset spatula or back of a spoon to fill cups evenly. (You will have some ice cream left over.) Refreeze cups to firm ice cream, at least 5 minutes.
- ☐ Sprinkle cups with peanuts, then snip off a minuscule portion of 1 bottom corner of plastic bag with scissors to form a very small opening and decoratively pipe remaining chocolate over peanuts. Freeze desserts until chocolate and ice cream harden, at least 30 minutes.
- ☐ Remove petits fours from freezer 1 at a time and carefully peel off liners, then refreeze on a tray until hardened, about 30 minutes more.
- ☐ \*Available at New York Cake & Baking Distributor (800-942-2539).
- ☐ Petits fours can be frozen up to 1 day (cover with plastic wrap after completely hardened).
- ☐ Let desserts stand at room temperature to soften slightly, about 2 minutes, before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.27, Glycemic Load:5.54, Inflammation Score:-2, Nutrition Score:3.7808695681717%

## Nutrients (% of daily need)

Calories: 153.67kcal (7.68%), Fat: 9.47g (14.56%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 13.42g (4.88%), Sugar: 11.83g (13.14%), Cholesterol: 17.92mg (5.97%), Sodium: 33.16mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.75g (5.51%), Manganese: 0.21mg (10.43%), Phosphorus: 77.77mg (7.78%), Copper: 0.15mg (7.72%), Magnesium: 27.87mg (6.97%), Vitamin B2: 0.1mg (6.08%), Calcium: 59.56mg (5.96%), Fiber: 1.32g (5.28%), Potassium: 154.68mg (4.42%), Iron: 0.75mg (4.18%), Zinc: 0.59mg (3.91%), Vitamin A: 170.73IU (3.41%), Vitamin B5: 0.31mg (3.11%), Vitamin B3: 0.61mg (3.05%), Vitamin B12: 0.17µg (2.85%), Vitamin B1: 0.04mg (2.65%), Selenium: 1.72µg (2.46%), Folate: 9.27µg (2.32%), Vitamin B6: 0.03mg (1.64%), Vitamin E: 0.17mg (1.16%)