



Chocolate Ganache Mini-Cakes

READY IN



115 min.

SERVINGS



60

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 6 oz baker's chocolate dark chopped
- ☐ 60 servings raspberries fresh
- ☐ 0.7 cup raspberry jam
- ☐ 1 tablespoon raspberry liqueur
- ☐ 0.7 cup whipping cream

Equipment

- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pans).
- ☐ Place miniature paper baking cup in each of 60 mini muffin cups. Make cake batter as directed on box. Fill muffin cups three-fourths full (about 1 heaping tablespoon batter each).
- ☐ Bake 10 to 15 minutes or until toothpick inserted in center comes out clean. Cool in pans 5 minutes.
- ☐ Remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Place chocolate in medium bowl. In 1-quart saucepan, heat whipping cream just to boiling; pour over chocolate.
- ☐ Let stand 3 to 5 minutes until chocolate is melted and smooth when stirred. Stir in liqueur.
- ☐ Let stand 15 minutes, stirring occasionally, until mixture coats a spoon.
- ☐ Meanwhile, by slowly spinning end of round handle of wooden spoon back and forth, make deep, 1/2-inch-wide indentation in center of top of each cupcake, not quite to bottom (wiggle end of spoon in cupcake to make opening large enough).
- ☐ Spoon jam into small resealable food-storage plastic bag; seal bag.
- ☐ Cut 3/8-inch tip off 1 corner of bag. Insert tip of bag into opening in each cupcake; squeeze bag to fill opening.
- ☐ Spoon about 1 teaspoon ganache onto each mini-cake.
- ☐ Garnish each with raspberry. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:2.25, Inflammation Score:-3, Nutrition Score:5.7647825988091%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 6.13mg, Epicatechin: 6.13mg, Epicatechin: 6.13mg, Epicatechin: 6.13mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 96.48kcal (4.82%), Fat: 3.95g (6.08%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 11.42g (4.15%), Sugar: 7.43g (8.25%), Cholesterol: 2.99mg (1%), Sodium: 62.62mg (2.72%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.13mg (1.04%), Protein: 1.6g (3.2%), Manganese: 0.54mg (26.89%), Vitamin C: 16.07mg (19.48%), Fiber: 4.59g (18.34%), Copper: 0.18mg (8.93%), Iron: 1.25mg (6.96%), Magnesium: 26.2mg (6.55%), Vitamin K: 5.31µg (5.06%), Phosphorus: 50.45mg (5.04%), Folate: 18.38µg (4.59%), Vitamin E: 0.64mg (4.28%), Potassium: 143.39mg (4.1%), Zinc: 0.59mg (3.94%), Calcium: 31.17mg (3.12%), Vitamin B2: 0.05mg (2.65%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.04mg (2.45%), Vitamin B5: 0.22mg (2.19%), Selenium: 1.4µg (2%), Vitamin B6: 0.04mg (1.91%), Vitamin A: 58.89IU (1.18%)