



Chocolate-Mint Brownie Cake

READY IN



45 min.

SERVINGS



8

CALORIES



605 kcal

DESSERT

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 8 servings mint sprigs fresh
- ☐ 0.8 teaspoon peppermint extract
- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 8 servings strawberries halved
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons whipping cream
- ☐ 6 ounces chocolate white chopped (such as Lindt or Baker's)

Equipment

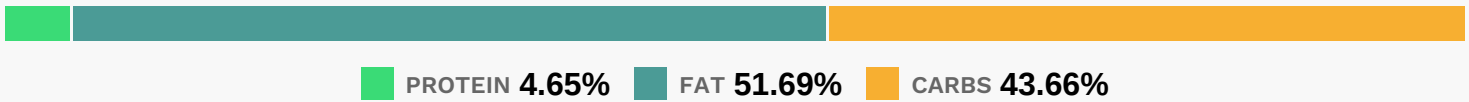
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 350°F. Butter and flour 8-inch square metal cake pan. Line bottom of pan with parchment paper. Butter and flour parchment paper. Stir chopped chocolate in top of double boiler set over simmering water until chocolate is melted and smooth.
- ☐ Remove from over water. Using electric mixer, beat butter in medium bowl until smooth. Gradually add sugar and beat until well blended. Beat in eggs 1 at a time, blending well after each addition. Beat in melted chocolate and vanilla.
- ☐ Add flour and cinnamon; beat just until blended. Spoon cake batter into prepared pan; smooth top.
- ☐ Bake cake until tester inserted into center comes out with moist crumbs attached, about 25 minutes. Cool cake in pan on rack 20 minutes. Run small knife between edge of cake and pan to loosen. Turn cake out onto rack; remove parchment paper. Cool completely.

- ☐ Stir white chocolate and whipping cream in top of double boiler set over simmering water until melted and smooth.
- ☐ Remove from over water. Stir in peppermint extract.
- ☐ Spread icing evenly over top of cake.
- ☐ Place cake in freezer until icing is firm, about 30 minutes, or refrigerate cake 1 hour.
- ☐ Bring cream to simmer in heavy small saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate; whisk until melted and smooth. Cool chocolate until lukewarm but still pourable, about 5 minutes.
- ☐ Place cake on rack set over baking sheet.
- ☐ Pour half of glaze over top of cake.
- ☐ Spread glaze evenly over top and sides of cake. Freeze until glaze is set, about 10 minutes. If necessary, rewarm remaining glaze just until pourable.
- ☐ Pour remaining glaze over cake; spread glaze smoothly over top and sides of cake. Refrigerate cake until glaze is firm, about 2 hours. (Can be made 1 day ahead. Cover and keep chilled.)
- ☐ Let cake stand at room temperature at least 3 hours before serving.
- ☐ Transfer brownie cake to platter. Top cake with chocolate curls and garnish platter with mint sprigs and strawberries, if desired

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:33.82, Inflammation Score:-8, Nutrition Score:18.730869521265%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 9.04mg, Catechin: 9.04mg, Catechin: 9.04mg, Catechin: 9.04mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 10.66mg, Epicatechin: 10.66mg, Epicatechin: 10.66mg, Epicatechin: 10.66mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-

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Nutrients (% of daily need)

Calories: 605.21kcal (30.26%), Fat: 36.03g (55.44%), Saturated Fat: 21.41g (133.78%), Carbohydrates: 68.5g (22.83%), Net Carbohydrates: 62.37g (22.68%), Sugar: 52.92g (58.8%), Cholesterol: 95.46mg (31.82%), Sodium: 47.55mg (2.07%), Alcohol: 0.3g (100%), Alcohol %: 0.14% (100%), Caffeine: 23.96mg (7.99%), Protein: 7.29g (14.58%), Vitamin C: 85.17mg (103.23%), Manganese: 1.22mg (60.89%), Copper: 0.61mg (30.3%), Fiber: 6.12g (24.5%), Magnesium: 87.1mg (21.78%), Iron: 3.88mg (21.57%), Phosphorus: 199.55mg (19.96%), Selenium: 11.01µg (15.73%), Folate: 60.22µg (15.06%), Potassium: 507.97mg (14.51%), Vitamin B2: 0.24mg (14.06%), Vitamin A: 664.37IU (13.29%), Zinc: 1.88mg (12.51%), Calcium: 108.1mg (10.81%), Vitamin B1: 0.14mg (9.03%), Vitamin E: 1.35mg (8.97%), Vitamin K: 8.75µg (8.34%), Vitamin B3: 1.49mg (7.47%), Vitamin B5: 0.66mg (6.59%), Vitamin B6: 0.12mg (5.97%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.64µg (4.29%)