



Chocolate-Mint Cupcakes

READY IN



10 min.

SERVINGS



100

CALORIES



44 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 100 servings chocolate
- 0.3 cup crème de cassis liqueur finely chopped thin
- 2 large eggs
- 18.3 oz chocolate cake mix
- 16 oz cream sour
- 1 teaspoon vanilla extract

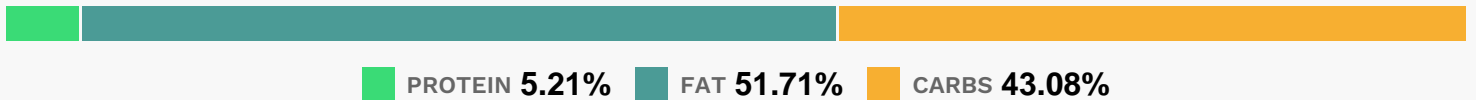
Equipment

- bowl
- oven
- hand mixer

Directions

- Beat first 5 ingredients at low speed with an electric mixer just until dry ingredients are moistened. Increase speed to medium, and beat 3 to 4 minutes or until smooth, stopping to scrape bowl as needed.
- Place paper baking cups in muffin pans, and coat with cooking spray; spoon batter evenly into baking cups, filling each two-thirds full.
- Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove cupcakes from pans to wire racks, and cool 1 hour or until completely cool.
- Prepare Chocolate Buttercream as directed, stirring in 1/4 cup finely chopped thin crme de menthe chocolate mints.
- Spread cupcakes evenly with Chocolate Buttercream.
- Garnish with shaved or chopped thin crme de menthe chocolate mints, if desired.
- Note: For testing purposes only, we used Andes Creme de Menthe Thins.

Nutrition Facts



Properties

Glycemic Index:0.93, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:0.81478259825836%

Nutrients (% of daily need)

Calories: 44kcal (2.2%), Fat: 2.59g (3.98%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.91g (3.23%), Cholesterol: 7.62mg (2.54%), Sodium: 49.35mg (2.15%), Alcohol: 0.19g (100%), Alcohol %: 1.86% (100%), Protein: 0.59g (1.17%), Phosphorus: 21.01mg (2.1%), Selenium: 1.15µg (1.65%), Iron: 0.28mg (1.56%), Copper: 0.03mg (1.42%), Vitamin B2: 0.02mg (1.36%), Calcium: 13.28mg (1.33%), Magnesium: 4.15mg (1.04%)