



## Chocolate Mint Cupcakes

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



454 kcal

DESSERT

### Ingredients

- ☐ 8 Tbsp butter unsalted (1 stick, 4 ounces)
- ☐ 0.5 cup dutch processed cocoa
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.8 cup flour
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons peppermint extract
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 8 Tbsp butter room temperature (1 stick, 4 ounces)
- ☐ 1 Tbsp milk
- ☐ 0.3 teaspoon peppermint extract
- ☐ 2 cups powdered sugar
- ☐ 4 ounces cream cheese room temperature
- ☐ 4 tbps butter room temperature ()
- ☐ 1.5 cups powdered sugar (confectioner's sugar)
- ☐ 12 servings mint leaves fresh for garnish

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ double boiler
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Preheat oven and line muffin tin: Preheat oven to 350°F. Prepare a muffin tin by lining it with cupcake liners.
- ☐ Melt chocolate and butter in double boiler: Use a double boiler or add an inch or two of water to a medium sized saucepan and place a metal bowl over it, bringing the water to a simmer.

- ☐ Add butter (cut into chunks), chocolate, cocoa to the bowl.
- ☐ As the butter and chocolate melt, whisk until the ingredients are well combined and smooth.
- ☐ Remove from heat and let cool to touch.
- ☐ Whisk dry ingredients: In a small bowl, vigorously whisk together the flour, baking soda, and baking powder.
- ☐ Beat eggs, salt, sugar, mint extract, then add chocolate mixture: In a large bowl (can use a mixer), beat the eggs.
- ☐ Add the salt, the sugar, the mint extract and beat until well combined. Slowly add in the chocolate butter mixture and beat until combined.
- ☐ Combine dry and wet ingredients, sour cream:
- ☐ Add in half of the sifted flour mixture, mix to combine.
- ☐ Mix in the sour cream.
- ☐ Mix in the remaining flour mixture.
- ☐ Bake: Spoon the batter evenly into the lined muffin cups.
- ☐ Place in oven in middle rack.
- ☐ Bake at 350°F for 18–20 minutes, until tops spring back when touched and a toothpick inserted into the center comes out clean.
- ☐ Let cool in muffin tin on a rack for 15 minutes. Then gently remove cupcakes from the tin and let cool completely before frosting.
- ☐ Use frosting of choice, flavored with a little mint extract.
- ☐ Garnish with a little fresh mint. Recipes for simple butter cream or cream cheese frosting follow.
- ☐ In an electric mixer, beat the butter (if making buttercream) or butter and cream cheese (if making cream cheese frosting) at medium speed until creamy. Beat in milk (if making buttercream) and mint extract.
- ☐ Slowly add in the powdered sugar on low speed, stopping every now and then to scrape down the sides of the bowl, until light and fluffy. Taste and add more mint extract if it isn't minty enough for you, or powdered sugar if it isn't sweet enough for you.

## Nutrition Facts



 PROTEIN **3.33%**  FAT **46.08%**  CARBS **50.59%**

## Properties

Glycemic Index:33.51, Glycemic Load:13.27, Inflammation Score:-5, Nutrition Score:5.9847826543062%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 453.61kcal (22.68%), Fat: 24g (36.92%), Saturated Fat: 14.41g (90.04%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 57.29g (20.83%), Sugar: 49.38g (54.87%), Cholesterol: 88.06mg (29.35%), Sodium: 280.57mg (12.2%), Alcohol: 0.2g (100%), Alcohol %: 0.22% (100%), Caffeine: 12.31mg (4.1%), Protein: 3.91g (7.81%), Vitamin A: 759.96IU (15.2%), Manganese: 0.27mg (13.68%), Copper: 0.22mg (11.21%), Selenium: 7.79µg (11.12%), Phosphorus: 93.05mg (9.3%), Vitamin B2: 0.15mg (8.59%), Magnesium: 32.2mg (8.05%), Fiber: 2g (7.98%), Iron: 1.43mg (7.96%), Folate: 22.5µg (5.63%), Calcium: 56.08mg (5.61%), Vitamin B1: 0.08mg (5.04%), Vitamin E: 0.69mg (4.59%), Zinc: 0.65mg (4.33%), Potassium: 139.64mg (3.99%), Vitamin B3: 0.63mg (3.16%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.16µg (2.72%), Vitamin D: 0.32µg (2.15%), Vitamin K: 2.17µg (2.07%), Vitamin B6: 0.04mg (1.77%)