



Chocolate Mint Filling

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



735 kcal

SIDE DISH

Ingredients

- 0.7 cup butter
- 0.5 cup egg substitute
- 0.1 teaspoon peppermint extract
- 1 cup sugar
- 2 ounce chocolate unsweetened
- 0.5 teaspoon vanilla extract

Equipment

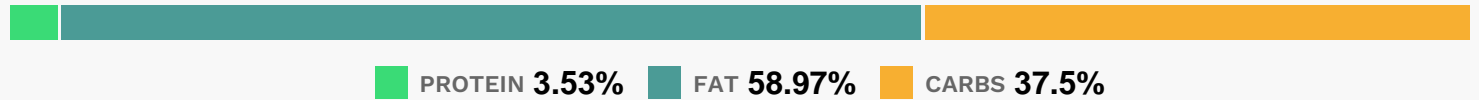
- sauce pan

hand mixer

Directions

- Melt chocolate in a small heavy saucepan over low heat; cool to room temperature.
- Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, and beat 5 to 7 minutes.
- Add chocolate and extracts, beating at low speed until blended.
- Add 1/4 cup egg substitute; beat 5 minutes.
- Add remaining egg substitute, and beat 5 additional minutes.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:46.56, Inflammation Score:-7, Nutrition Score:12.028695639709%

Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 734.64kcal (36.73%), Fat: 51.01g (78.48%), Saturated Fat: 32.04g (200.27%), Carbohydrates: 72.98g (24.33%), Net Carbohydrates: 69.84g (25.4%), Sugar: 67.64g (75.16%), Cholesterol: 108.46mg (36.15%), Sodium: 409.24mg (17.79%), Alcohol: 0.29g (100%), Alcohol %: 0.21% (100%), Caffeine: 15.12mg (5.04%), Protein: 6.87g (13.73%), Manganese: 0.79mg (39.73%), Copper: 0.63mg (31.25%), Selenium: 18.96µg (27.08%), Vitamin A: 1350.61IU (27.01%), Iron: 4.13mg (22.92%), Magnesium: 68.91mg (17.23%), Zinc: 2.27mg (15.1%), Fiber: 3.14g (12.55%), Vitamin E: 1.88mg (12.55%), Vitamin B2: 0.2mg (11.99%), Phosphorus: 116.56mg (11.66%), Vitamin B5: 0.75mg (7.52%), Potassium: 256.74mg (7.34%), Calcium: 61.15mg (6.12%), Vitamin B1: 0.08mg (5.23%), Vitamin K: 5.44µg (5.19%), Vitamin D: 0.64µg (4.27%), Vitamin B12: 0.22µg (3.7%), Folate: 13.21µg (3.3%), Vitamin B6: 0.06mg (3%), Vitamin B3: 0.34mg (1.68%)