



Chocolate Truffle Brownie Cups

READY IN



95 min.

SERVINGS



42

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 6 oz baker's chocolate chopped
- ☐ 1 box brownie mix
- ☐ 42 servings mint
- ☐ 42 servings vegetable oil for on brownie mix box
- ☐ 0.7 cup whipping cream

Equipment

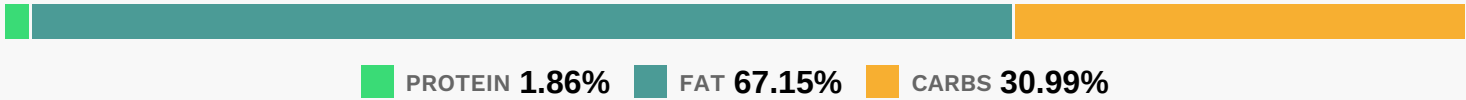
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F.
- ☐ Place mini paper baking cup in each of 42 miniature muffin cups. Make brownie batter as directed on box. Fill muffin cups about 3/4 full (about 1 tablespoon each) with batter.
- ☐ Bake 19 to 21 minutes or until toothpick inserted into edge of brownie cup comes out clean. Do not overbake. Cool 10 minutes before removing from pan. Cool completely, about 30 minutes.
- ☐ In 1-quart saucepan, heat whipping cream over low heat just until hot but not boiling; remove from heat. Stir in chocolate until melted.
- ☐ Let stand about 15 minutes or until mixture coats spoon. (It will become firmer the longer it cools.) Spoon about 2 teaspoons chocolate mixture over each brownie cup.
- ☐ Sprinkle with chocolate sprinkles.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0608695628041%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 5.74mg, Epicatechin: 5.74mg, Epicatechin: 5.74mg, Epicatechin: 5.74mg

Nutrients (% of daily need)

Calories: 252.74kcal (12.64%), Fat: 19.47g (29.96%), Saturated Fat: 5.11g (31.94%), Carbohydrates: 20.22g (6.74%), Net Carbohydrates: 19.55g (7.11%), Sugar: 15.27g (16.97%), Cholesterol: 4.27mg (1.42%), Sodium: 37.45mg (1.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.24mg (1.08%), Protein: 1.21g (2.43%), Vitamin K: 26.26µg (25.01%), Manganese: 0.17mg (8.44%), Vitamin E: 1.2mg (7.97%), Copper: 0.13mg (6.57%), Iron: 1.05mg (5.85%), Magnesium: 13.51mg (3.38%), Fiber: 0.67g (2.69%), Zinc: 0.4mg (2.66%), Phosphorus: 18.39mg (1.84%), Vitamin A: 55.53IU (1.11%), Potassium: 37.2mg (1.06%)