



Mini Chocolate Rum Cakes

READY IN



85 min.

SERVINGS



12

CALORIES



546 kcal

DESSERT

Ingredients

- ☐ 1 box duncan hines devil's food cake (1 lb 2.25 oz)
- ☐ 4 oz baker's chocolate white chopped
- ☐ 6 oz baker's chocolate chopped
- ☐ 0.5 cup rum dark
- ☐ 1 tablespoon rum dark
- ☐ 3 eggs
- ☐ 0.8 cup nonfat buttermilk fat-free
- ☐ 1.5 cups semisweet chocolate chips miniature
- ☐ 0.7 cup vegetable oil

☐ 0.5 cup whipping cream

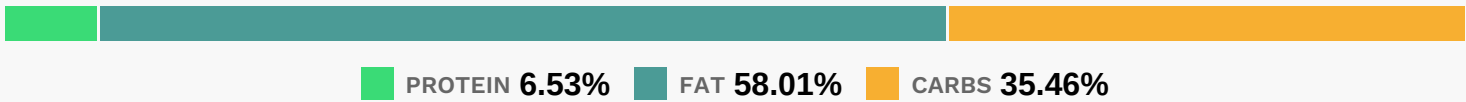
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Grease 2 (6-cup) miniature fluted tube cake pans with shortening; lightly flour. In medium bowl, beat cake ingredients except chocolate chips with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, until smooth. Stir in chocolate chips. Divide batter evenly among pans.
- ☐ Bake 18 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Carefully invert each pan onto cooling rack; lift pan from cakes. Cool completely, about 30 minutes.
- ☐ Place bittersweet chocolate in medium bowl. In 1-quart saucepan, heat whipping cream to simmering; pour over chocolate.
- ☐ Let stand 3 minutes. Stir in 1 tablespoon rum. Spoon glaze over cakes.
- ☐ In small resealable freezer plastic bag, place white chocolate; seal bag. Microwave on High about 1 minute or until softened. Gently squeeze bag until chocolate is smooth; cut off tiny corner of bag. Squeeze bag to drizzle chocolate over cakes.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:17.756087034941%

Flavonoids

Catechin: 15.2mg, Catechin: 15.2mg, Catechin: 15.2mg, Catechin: 15.2mg Epicatechin: 33.51mg, Epicatechin: 33.51mg, Epicatechin: 33.51mg, Epicatechin: 33.51mg

Nutrients (% of daily need)

Calories: 546.14kcal (27.31%), Fat: 36.35g (55.93%), Saturated Fat: 18.33g (114.55%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 42.84g (15.58%), Sugar: 25.93g (28.81%), Cholesterol: 54.2mg (18.07%), Sodium: 337.64mg (14.68%), Alcohol: 3.76g (100%), Alcohol %: 3.21% (100%), Caffeine: 48.29mg (16.1%), Protein: 9.2g (18.41%), Manganese: 1.46mg (73.09%), Copper: 1.29mg (64.41%), Iron: 7.81mg (43.37%), Magnesium: 148.24mg (37.06%), Phosphorus: 296.57mg (29.66%), Fiber: 7.15g (28.61%), Zinc: 3.52mg (23.45%), Selenium: 12.54µg (17.91%), Potassium: 507.39mg (14.5%), Calcium: 110.82mg (11.08%), Vitamin K: 10.59µg (10.09%), Vitamin B2: 0.17mg (9.71%), Folate: 34.5µg (8.63%), Vitamin B1: 0.11mg (7.5%), Vitamin E: 1.07mg (7.16%), Vitamin B3: 1.16mg (5.8%), Vitamin A: 221.04IU (4.42%), Vitamin B5: 0.37mg (3.71%), Vitamin B12: 0.17µg (2.78%), Vitamin B6: 0.05mg (2.64%), Vitamin D: 0.38µg (2.52%)