



Mini Mousse Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 6 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2.3 cups milk chocolate chips
- ☐ 24 servings garnish: whipped cream

Equipment

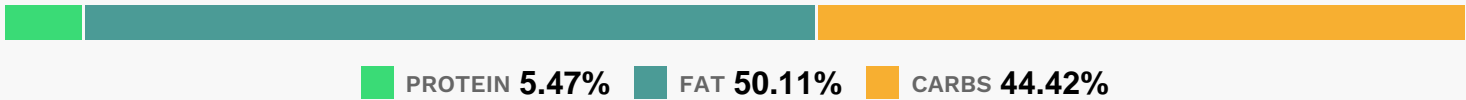
- ☐ bowl
- ☐ oven
- ☐ wire rack

- ☐ double boiler
- ☐ muffin liners

Directions

- ☐ Melt chocolate in a double boiler over medium heat and let cool slightly. In a large bowl, beat eggs and flour. Beat in melted chocolate until combined. Fill paper-lined mini muffin cups 2/3 full.
- ☐ Bake at 325 degrees for 7 to 10 minutes, until edges are done and centers shake slightly. Cool in tin on wire rack for 20 minutes.
- ☐ Remove from tin; cool completely.
- ☐ Garnish with whipped cream and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:1.455652171179%

Nutrients (% of daily need)

Calories: 113.76kcal (5.69%), Fat: 6.44g (9.91%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.73g (4.63%), Sugar: 10.41g (11.57%), Cholesterol: 40.98mg (13.66%), Sodium: 15.75mg (0.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Selenium: 3.9µg (5.57%), Vitamin B2: 0.06mg (3.36%), Phosphorus: 25.79mg (2.58%), Potassium: 72.24mg (2.06%), Calcium: 19.48mg (1.95%), Folate: 7.55µg (1.89%), Vitamin B5: 0.18mg (1.77%), Iron: 0.32mg (1.76%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.22µg (1.47%), Manganese: 0.03mg (1.26%), Vitamin A: 59.9IU (1.2%), Zinc: 0.18mg (1.18%), Copper: 0.02mg (1.11%)