



Miniature Mascarpone-Mint Ganache Cakes

READY IN



52 min.

SERVINGS



6

CALORIES



995 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup butter
- ☐ 1 cup hot-brewed coffee brewed
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup heavy whipping cream

- ☐ 0.5 cup mascarpone cheese
- ☐ 6 servings garnish: mint leaves
- ☐ 0.5 teaspoon peppermint extract
- ☐ 2 cups powdered sugar sifted
- ☐ 6 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups semisweet chocolate morsels
- ☐ 0.5 cup cocoa unsweetened

Equipment

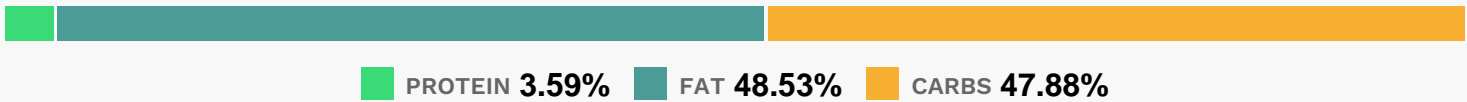
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ sieve
- ☐ hand mixer
- ☐ microwave
- ☐ measuring cup
- ☐ muffin tray

Directions

- ☐ Sift together flour, granulated sugar, cocoa, soda, and salt in a large bowl.
- ☐ Combine coffee and 1/2 cup butter in a small saucepan; cook over medium heat until butter melts. Gradually add coffee mixture to flour mixture, beating at medium speed with an electric mixer until combined.
- ☐ Add egg, and beat until blended.
- ☐ Spoon batter evenly into 6 lightly greased jumbo muffin pans.

- ☐ Bake at 350 for 23 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 20 minutes; run a knife around edges of each muffin pan to loosen cakes. Invert cakes onto a wire rack, and cool completely.
- ☐ Beat 1/4 cup butter and mascarpone cheese at medium speed until creamy; gradually add 2 cups powdered sugar and extract, beating until smooth.
- ☐ Split cooled cakes in half horizontally.
- ☐ Spread cheese mixture between layers and on top and sides of each cake. Freeze cakes 15 minutes.
- ☐ Meanwhile, combine cream and 1/4 cup mint leaves in a 2-cup glass measuring cup. Microwave at HIGH 1 to 1 1/2 minutes or until mixture boils.
- ☐ Pour mixture through a wire-mesh strainer into a small bowl, discarding mint.
- ☐ Add morsels, stirring until melted.
- ☐ Pour ganache over cakes, coating tops and sides. Chill 1 hour or until set. Dust cakes with powdered sugar; garnish, if desired. Store in refrigerator.
- ☐ Note: If you don't already own a jumbo muffin pan, this recipe is worth the investment--which doesn't have to be much. Jumbo muffin pans are readily available in a variety of stores from discount super centers to specialty kitchen shops. In addition to creating an assortment of miniature cakes, you can use this pan to make wonderful jumbo bakery-style breakfast muffins. This recipe does not work in regular-size muffin pans.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:34.78, Inflammation Score:-8, Nutrition Score:15.410434847293%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 994.89kcal (49.74%), Fat: 55.1g (84.76%), Saturated Fat: 33.54g (209.61%), Carbohydrates: 122.29g (40.76%), Net Carbohydrates: 115.85g (42.13%), Sugar: 94.83g (105.36%), Cholesterol: 135.42mg (45.14%), Sodium: 497.92mg (21.65%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Caffeine: 64.53mg (21.51%), Protein: 9.17g (18.35%), Manganese: 0.96mg (48.18%), Copper: 0.79mg (39.7%), Vitamin A: 1449.02IU (28.98%), Magnesium: 112.83mg (28.21%), Iron: 4.7mg (26.12%), Fiber: 6.44g (25.78%), Selenium: 15.16µg (21.66%), Phosphorus: 210.72mg (21.07%), Vitamin B2: 0.28mg (16.3%), Vitamin B1: 0.2mg (13.18%), Folate: 50.05µg (12.51%), Zinc: 1.86mg (12.38%), Potassium: 418.86mg (11.97%), Calcium: 95.05mg (9.51%), Vitamin B3: 1.86mg (9.29%), Vitamin E: 1.17mg (7.82%), Vitamin B5: 0.54mg (5.42%), Vitamin K: 5.63µg (5.36%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.48µg (3.23%), Vitamin B6: 0.06mg (2.83%), Vitamin C: 1.03mg (1.25%)