



Mint Chocolate Chip Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



467 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup butter softened
- ☐ 1 teaspoon chocolate extract
- ☐ 1 cup creme de menthe chocolate mints crumbled thin
- ☐ 1 cup dutch process cocoa
- ☐ 4 large eggs
- ☐ 2 drops liquid food coloring green

- ☐ 1 cups paper baking
- ☐ 1 teaspoon peppermint extract
- ☐ 16 oz powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 2 cups caster sugar
- ☐ 2 cups water boiling
- ☐ 2.8 cups soft-wheat flour all-purpose
- ☐ 0.3 cup whipping cream
- ☐ 1 cup whipping cream

Equipment

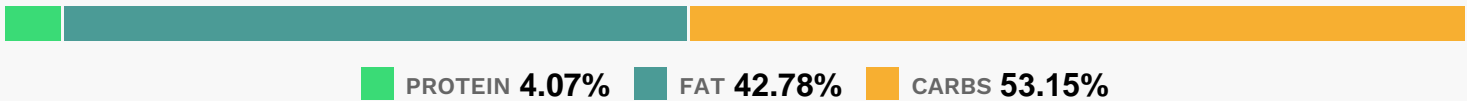
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ Combine cocoa and 2 cups boiling water in a large heatproof bowl, stirring until blended and smooth; cool completely. Beat butter with a mixer until creamy; gradually add sugar, beating until blended.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.

- ☐ Combine flour and next 3 ingredients; add to butter mixture alternately with cocoa mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in chocolate extract.
- ☐ Place paper baking cups in 2 (12-cup) muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- ☐ Bake for 12 to 15 minutes. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely.
- ☐ To prepare ganache, cook cream in a heavy nonaluminum saucepan over medium heat, stirring often, just until it begins to steam (do not boil); remove from heat.
- ☐ Place chocolate in a glass bowl. Slowly add hot cream to chocolate, beating with a whisk until chocolate melts and mixture is well blended. The mixture will thicken as it cools. Makes about 2 cups.
- ☐ Fill each cupcake with Chocolate Ganache. To fill cupcakes, insert the end of a wooden spoon or dowel into the center of the cupcake to make a hole. Fill a zip-top plastic freezer bag with filling or frosting. Use scissors or kitchen shears to snip about 1/4 inch from one corner of the bag; insert bag into the hole in the cupcake. Squeeze gently until filling comes to the top of each cupcake.
- ☐ To prepare frosting, beat first 5 ingredients at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Beat at high speed 2 minutes or until creamy. Makes 3 cups.
- ☐ Frost each cupcake with Mint Frosting. Top each with crumbled chocolate mints.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:19.59, Inflammation Score:-5, Nutrition Score:7.5265217650196%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 466.94kcal (23.35%), Fat: 21.88g (33.66%), Saturated Fat: 13g (81.23%), Carbohydrates: 61.16g (20.39%), Net Carbohydrates: 58.59g (21.31%), Sugar: 43.78g (48.65%), Cholesterol: 76.18mg (25.39%), Sodium: 298.05mg (12.96%), Alcohol: 2.99g (100%), Alcohol %: 2.84% (100%), Caffeine: 16.37mg (5.46%), Protein: 4.68g (9.37%), Manganese: 0.39mg (19.29%), Copper: 0.3mg (15.16%), Selenium: 9.86µg (14.09%), Phosphorus: 126.35mg (12.63%), Vitamin A: 586.69IU (11.73%), Iron: 2.11mg (11.7%), Vitamin B2: 0.18mg (10.53%), Magnesium: 41.33mg (10.33%), Fiber: 2.57g (10.3%), Vitamin B1: 0.15mg (10.24%), Folate: 38.45µg (9.61%), Vitamin B3: 1.25mg (6.26%), Zinc: 0.78mg (5.23%), Calcium: 48.59mg (4.86%), Potassium: 159.21mg (4.55%), Vitamin E: 0.61mg (4.03%), Vitamin B5: 0.32mg (3.19%), Vitamin B12: 0.15µg (2.58%), Vitamin K: 2.55µg (2.43%), Vitamin D: 0.37µg (2.43%), Vitamin B6: 0.04mg (1.83%)