



Minty Fudge Cups

READY IN



80 min.

SERVINGS



24

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 4.7 ounces round chocolate-covered creamy mints rectangular
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 tablespoons butter softened
- ☐ 1 eggs
- ☐ 0.5 cup round chocolate-covered creamy mints coarsely chopped
- ☐ 0.3 cup butter softened
- ☐ 3 ounces cream cheese softened
- ☐ 0.8 cup flour all-purpose

- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla
- ☐ 16 oz chocolate frosting

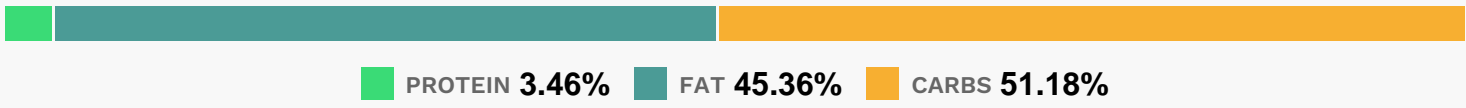
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Line 24 small muffin cups, 1 3/4x1 inch, with paper baking cups, if desired. Coarsely chop enough mints (about 1
- ☐ to measure 1/2 cup; reserve for Minty Fudge Filling. Coarsely chop remaining mints for topping; set aside.
- ☐ In small bowl, beat all Minty Fudge Filling ingredients except mints with spoon until well mixed; stir in mints.
- ☐ In large bowl, beat 1/4 cup butter and the cream cheese with electric mixer on medium speed, or mix with spoon. Stir in flour, powdered sugar, 2 tablespoons cocoa and the vanilla.
- ☐ Shape dough into 1-inch balls. Press each ball in bottom and up side of each muffin cup. Spoon about 2 teaspoons filling into each cup.
- ☐ Bake 18 to 20 minutes or until almost no indentation remains when filling is touched lightly. Cool slightly; carefully remove from muffin cups to wire rack. Cool completely, about 30 minutes. Frost with frosting.
- ☐ Sprinkle with remaining chopped mints.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:6.09, Inflammation Score:-2, Nutrition Score:2.4847826424014%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 3.16mg, Epicatechin: 3.16mg, Epicatechin: 3.16mg, Epicatechin: 3.16mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 214.14kcal (10.71%), Fat: 11.37g (17.49%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 27.72g (10.08%), Sugar: 23.29g (25.88%), Cholesterol: 10.4mg (3.47%), Sodium: 87.55mg (3.81%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Caffeine: 4.08mg (1.36%), Protein: 1.95g (3.9%), Iron: 1.26mg (6.98%), Manganese: 0.14mg (6.76%), Copper: 0.11mg (5.35%), Fiber: 1.14g (4.57%), Phosphorus: 39.21mg (3.92%), Selenium: 2.61µg (3.73%), Vitamin A: 183.99IU (3.68%), Magnesium: 13.52mg (3.38%), Vitamin E: 0.46mg (3.05%), Vitamin B2: 0.05mg (2.68%), Vitamin B1: 0.04mg (2.42%), Folate: 9.07µg (2.27%), Potassium: 74.66mg (2.13%), Zinc: 0.23mg (1.56%), Vitamin B3: 0.29mg (1.47%), Calcium: 10.85mg (1.08%)