



 **58%**
HEALTH SCORE

St. Patrick's Day Crème de Menthe Cupcakes

READY IN



20 min.

SERVINGS



1

CALORIES



5262 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 1 cup butter
- 1 serving garnish: chocolate curls
- 0.8 cup cocoa powder
- 1 serving crème de menthe buttercream
- 3 large eggs
- 1.5 cups flour
- 0.5 cup heavy cream
- 1 cup milk

- 0.1 teaspoon peppermint extract
- 0.3 teaspoon salt
- 4 ounces bittersweet chocolate chopped
- 1.8 cups sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- sauce pan
- oven
- hand mixer
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 35
- Line 1 (12-cup) muffin pan with paper baking cups.
- Beat butter and sugar in a large bowl at high speed with an electric mixer until fluffy.
- Add eggs, 1 at a time, beating well after each addition. Beat in vanilla.
- Combine flour and next 3 ingredients. Stir flour mixture into butter mixture, alternating with milk and beginning and ending with flour. Fill muffin cups evenly with batter.
- Bake 20 to 25 minutes or until a toothpick inserted in center comes out clean.
- Transfer to wire racks to cool completely.
- Meanwhile, heat cream in a small saucepan over low heat until hot.
- Remove from heat, and stir in chocolate and peppermint extract until mixture is smooth and well blended.
- Let cool completely.

Core cupcakes with cupcake corer. Pipe or spoon about 2 teaspoons chocolate mixture into center. Pipe or spoon Crme de Menthe Buttercream on top.

Garnish, if desired.

Nutrition Facts

PROTEIN 5.22% **FAT 50.26%** **CARBS 44.52%**

Properties

Glycemic Index:325.09, Glycemic Load:353.01, Inflammation Score:-10, Nutrition Score:73.690869585327%

Flavonoids

Catechin: 41.81mg, Catechin: 41.81mg, Catechin: 41.81mg, Catechin: 41.81mg Epicatechin: 126.7mg, Epicatechin: 126.7mg, Epicatechin: 126.7mg, Epicatechin: 126.7mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 5262.29kcal (263.11%), Fat: 304.76g (468.86%), Saturated Fat: 183.98g (1149.88%), Carbohydrates: 607.31g (202.44%), Net Carbohydrates: 569.22g (206.99%), Sugar: 410.32g (455.92%), Cholesterol: 1216.66mg (405.55%), Sodium: 2729.88mg (118.69%), Alcohol: 3.22g (100%), Alcohol %: 0.28% (100%), Caffeine: 246.73mg (82.24%), Protein: 71.23g (142.46%), Manganese: 5.36mg (267.91%), Copper: 4.3mg (214.9%), Selenium: 141.03µg (201.48%), Vitamin A: 8684.51IU (173.69%), Phosphorus: 1706.55mg (170.65%), Iron: 28.21mg (156.7%), Magnesium: 626.44mg (156.61%), Fiber: 38.09g (152.34%), Vitamin B2: 2.54mg (149.14%), Vitamin B1: 1.79mg (119.43%), Folate: 445.83µg (111.46%), Calcium: 879.83mg (87.98%), Zinc: 12.21mg (81.39%), Potassium: 2590.49mg (74.01%), Vitamin B3: 14.01mg (70.06%), Vitamin E: 8.91mg (59.4%), Vitamin B12: 3.43µg (57.25%), Vitamin B5: 5.09mg (50.94%), Vitamin D: 7.59µg (50.59%), Vitamin B6: 0.65mg (32.6%), Vitamin K: 31.29µg (29.8%)