



WINNER Mint Chocolate Chip and Fresh Mint Buttercream Cupcakes

 Vegetarian or type unknown

READY IN

ready or type unknown

61 min.

SERVINGS

servings or type unknown

12

CALORIES

calories or type unknown

701 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3.5 ounces mint chocolate dark recommended: Ghirardelli
- ☐ 4 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 large sprigs mint leaves fresh
- ☐ 2 cups cup heavy whipping cream light

- ☐ 4 tablespoons mint-infused cream light
- ☐ 12 mint leave fresh for garnish
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 pound butter unsalted
- ☐ 6 tablespoons butter unsalted

Equipment

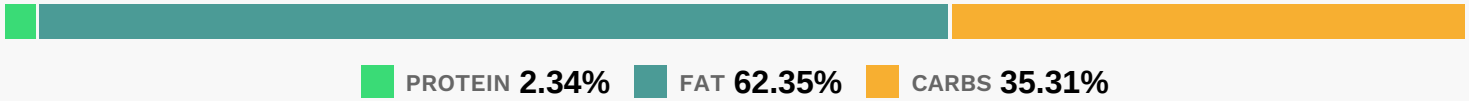
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ For the cupcakes: Preheat the oven to 325 degrees F. Line a cupcake or muffin pan with 12 regular-size cupcake liners.
- ☐ Place the light cream and mint sprigs into a small saucepan and cook gently for 5 minutes.
- ☐ Remove from the heat and leave to cool.
- ☐ Sift the flour, salt, and baking powder into a small bowl and set aside. Cream the butter and sugar in the bowl of an electric stand mixer until pale and fluffy, about 5 minutes. Scrape down the sides of the bowl and add the eggs while mixing on medium speed. Scrape down the sides of the bowl again and switch to low speed. Alternate adding the flour mixture and 1 cup of the mint-infused cream, beginning and ending with the flour. Reserve the remaining cream.
- ☐ Finely chop the chocolate and mix into the batter by hand.

- ☐ Fill the cupcake liners two-thirds full with batter and bake until lightly golden, about 26 minutes. Cool the cupcakes in their pan for 5 minutes before transferring to a cooling rack.
- ☐ For the buttercream: Beat the butter in the bowl of an electric stand mixer until pale.
- ☐ Add the mint-infused cream and continue beating. Reduce the speed to low and slowly add the confectioners' sugar until a creamy, medium-stiff consistency is achieved.
- ☐ To assemble: Using a large, plain pastry tip, pipe the buttercream onto the cooled mint cupcakes.
- ☐ Garnish with a fresh mint leaf, if desired.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:14.61, Inflammation Score:-8, Nutrition Score:8.2386956422225%

Flavonoids

Eriodictyol: 3.43mg, Eriodictyol: 3.43mg, Eriodictyol: 3.43mg, Eriodictyol: 3.43mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg

Nutrients (% of daily need)

Calories: 700.69kcal (35.03%), Fat: 49.63g (76.36%), Saturated Fat: 31g (193.73%), Carbohydrates: 63.24g (21.08%), Net Carbohydrates: 61.93g (22.52%), Sugar: 47.58g (52.86%), Cholesterol: 167.81mg (55.94%), Sodium: 297.98mg (12.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin A: 2034.26IU (40.69%), Vitamin B2: 0.21mg (12.61%), Manganese: 0.24mg (12.19%), Selenium: 8.49µg (12.12%), Folate: 47.63µg (11.91%), Calcium: 111.44mg (11.14%), Vitamin E: 1.48mg (9.84%), Vitamin B1: 0.15mg (9.77%), Phosphorus: 89.16mg (8.92%), Iron: 1.54mg (8.56%), Vitamin D: 1.06µg (7.05%), Vitamin B3: 1.15mg (5.76%), Fiber: 1.31g (5.25%), Vitamin C: 3.77mg (4.57%), Magnesium: 17.07mg (4.27%), Vitamin K: 4.28µg (4.08%), Potassium: 140.54mg (4.02%), Copper: 0.08mg (3.89%), Vitamin B5: 0.37mg (3.71%), Vitamin B12: 0.22µg (3.68%), Zinc: 0.47mg (3.15%), Vitamin B6: 0.05mg (2.31%)