

Chocolate-Coffee Cups (Mini)

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 20 appetizers

6 1/2 ounces dark chocolate, melted

20 foil cups

1 tablespoon cream

1 3/4 ounces white chocolate,

chopped

1 tablespoon Tia Maria

10 coffee beans, halved

Preparation Time: 40 minutes

Cook Time: 10 minutes

Place the dark chocolate in a heatproof bowl. Bring a pan of water to a boil, remove from the heat and sit the bowl over the pan, making sure that the bottom of the bowl does not sit in the water. Stir occasionally until the chocolate has melted. Cool slightly.

Working with one foil cup at a time, put one teaspoon of chocolate in each. Use a small, new paintbrush to coat the inside with chocolate, making sure that it is thick and there are no gaps. Turn the cups upside down on a wire rack and leave until firm. Set the remaining chocolate aside.

In a heatproof bowl, combine the cream, white chocolate and Tia Maria. Stir over a pan of simmering water until smooth. Cool slightly, then spoon into the chocolate cups. Press one-half of a coffee bean into each cup. Allow to set.

Remelt the reserved chocolate. Spoon it over the filling and tap to level. Leave to set.

Per Serving (excluding unknown items): 1223 Calories; 76g Fat (51.4% calories from fat); 11g Protein; 152g Carbohydrate; 13g Dietary Fiber; 13mg Cholesterol; 33mg Sodium. Exchanges: 15 Fat; 9 1/2 Other Carbohydrates.

Appetizers, Desserts

Calories (kcal): 1223
% Calories from Fat: 51.4%
% Calories from Carbohydrates: 45.4%
% Calories from Protein: 3.3%
Total Fat (g): 76g
Saturated Fat (g): 12g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 13mg
Carbohydrate (g): 152g
Dietary Fiber (g): 13g
Protein (g): 11g
Sodium (mg): 33mg
Potassium (mg): 788mg
Calcium (mg): 60mg
Iron (mg): 5mg
Zinc (mg): 4mg
Vitamin C (mg): trace
Vitamin A (i.u.): 187IU
Vitamin A (r.e.): 43RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): trace
Thiamin B1 (mg): trace
Riboflavin B2 (mg): .6mg
Folacin (mcg): 9mcg
Niacin (mg): 2mg
Caffeine (mg): 173mg
Alcohol (kcal): 58
% Refuse: n.n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 9 1/2

Nutrition Facts

Amount Per Serving

Calories 1223 **Calories from Fat:** 628

% Daily Values*

Total Fat	76g	118%
Saturated Fat	12g	62%
Cholesterol	13mg	4%
Sodium	33mg	1%
Total Carbohydrates	152g	51%
Dietary Fiber	13g	51%
Protein	11g	
Vitamin A		4%
Vitamin C		0%
Calcium		6%
Iron		29%

* Percent Daily Values are based on a 2000 calorie diet.