



Bittersweet Chocolate Cakes with Espresso Cream

READY IN



35 min.

SERVINGS



12

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 12 servings bittersweet chocolate fresh grated shaved
- ☐ 0.8 cup brown sugar dark packed
- ☐ 4 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 cup heavy cream chilled
- ☐ 1 teaspoon espresso powder
- ☐ 0.3 teaspoon rounded salt

- ☐ 0.5 cup butter unsalted
- ☐ 0.5 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375°F and generously butter muffin cups.
- ☐ Melt chocolate and butter in a metal bowl set over a pan of barely simmering water, stirring until smooth.
- ☐ Remove bowl from heat and add brown sugar and vanilla, whisking until smooth.
- ☐ Add flour and salt, whisking until just combined, then add eggs 1 at a time, whisking after each addition.
- ☐ Divide batter among muffin cups and bake in middle of oven until a tester comes out with crumbs adhering, 12 to 15 minutes. Invert cakes onto a rack and cool 5 minutes.
- ☐ Beat cream with espresso powder and sugar in a bowl with an electric mixer until it just holds stiff peaks.
- ☐ Serve 6 cakes topped with cream.
- ☐ · Chocolate butter mixture can be melted in a glass bowl in a microwave at 50 percent power 4 to 5 minutes. Stir until smooth before adding brown sugar and vanilla. · If you can't find instant-espresso powder for the cream, you can substitute 2 teaspoons instant-coffee granules or powder.
- ☐ Whisk instant coffee into cream and let stand 5 minutes (to dissolve) before beating.

Nutrition Facts



 PROTEIN **5.89%**  FAT **56.97%**  CARBS **37.14%**

Properties

Glycemic Index:12.09, Glycemic Load:3.57, Inflammation Score:-3, Nutrition Score:3.4143478329415%

Nutrients (% of daily need)

Calories: 206.99kcal (10.35%), Fat: 13.27g (20.42%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 19.25g (7%), Sugar: 15.09g (16.77%), Cholesterol: 93.6mg (31.2%), Sodium: 79.94mg (3.48%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Caffeine: 3.48mg (1.16%), Protein: 3.09g (6.18%), Selenium: 7.54µg (10.77%), Vitamin A: 472.64IU (9.45%), Vitamin B2: 0.12mg (7.33%), Phosphorus: 50.06mg (5.01%), Folate: 18.18µg (4.55%), Vitamin D: 0.63µg (4.23%), Iron: 0.71mg (3.95%), Vitamin B1: 0.05mg (3.36%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.49mg (3.3%), Manganese: 0.06mg (3.23%), Calcium: 31.14mg (3.11%), Vitamin B12: 0.18µg (3.03%), Zinc: 0.32mg (2.1%), Copper: 0.04mg (2.07%), Vitamin B6: 0.04mg (2.02%), Potassium: 67.45mg (1.93%), Vitamin B3: 0.38mg (1.89%), Magnesium: 7.32mg (1.83%), Vitamin K: 1.12µg (1.07%)