



Bittersweet Molten Chocolate Cakes with Coffee Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



635 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 3 large egg yolks
- ☐ 3 large eggs
- ☐ 1 quart coffee ice cream
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 12 teaspoons sugar
- ☐ 0.8 cup butter unsalted ()

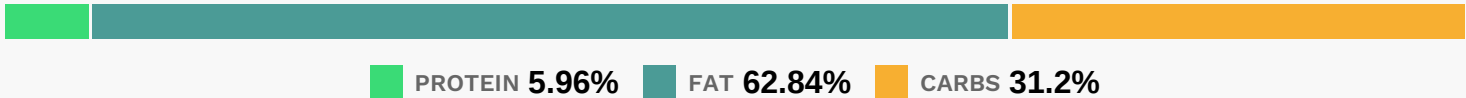
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Generously butter eight 3/4-cup soufflé dishes or custard cups.
- ☐ Sprinkle inside of each dish with 1 1/2 teaspoons sugar.
- ☐ Stir chocolate and butter in heavy medium saucepan over low heat until smooth.
- ☐ Remove from heat. Using electric mixer, beat eggs, egg yolks, and remaining 5 tablespoons sugar in large bowl until thick and pale yellow, about 8 minutes. Fold 1/3 of warm chocolate mixture into egg mixture, then fold in remaining chocolate. Fold in flour. Divide batter among soufflé dishes. (Can be made 1 day ahead. Cover with plastic; chill. Bring to room temperature before continuing.)
- ☐ Preheat oven to 425°F.
- ☐ Place soufflé dishes on baking sheet.
- ☐ Bake cakes uncovered until edges are puffed and slightly cracked but center 1 inch of each moves slightly when dishes are shaken gently, about 13 minutes.
- ☐ Top each cake with scoop of coffee ice cream and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:21.23, Inflammation Score:-7, Nutrition Score:12.857391176016%

Nutrients (% of daily need)

Calories: 635.45kcal (31.77%), Fat: 44.64g (68.67%), Saturated Fat: 26.41g (165.04%), Carbohydrates: 49.85g (16.62%), Net Carbohydrates: 46.72g (16.99%), Sugar: 41.59g (46.22%), Cholesterol: 238.11mg (79.37%), Sodium: 129.57mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 9.53g (19.06%), Phosphorus: 266.03mg (26.6%), Vitamin B2: 0.43mg (25.3%), Vitamin A: 1237.19IU (24.74%), Selenium: 14.4µg (20.58%), Copper: 0.4mg (20.23%), Manganese: 0.4mg (20.07%), Calcium: 193.03mg (19.3%), Magnesium: 69.66mg (17.41%), Vitamin B12: 0.84µg (14%), Iron: 2.45mg (13.62%), Zinc: 1.98mg (13.22%), Vitamin B5: 1.28mg (12.78%), Fiber: 3.12g (12.49%), Potassium: 435.2mg (12.43%), Vitamin E: 1.38mg (9.19%), Vitamin D: 1.28µg (8.5%), Folate: 26.39µg (6.6%), Vitamin B6: 0.12mg (6.08%), Vitamin B1: 0.08mg (5.65%), Vitamin K: 3.99µg (3.8%), Vitamin B3: 0.45mg (2.27%)