



Boca Negra Chocolate Chipotle Cakes

READY IN



1500 min.

SERVINGS



8

CALORIES



416 kcal

Ingredients

- 10 oz bittersweet chocolate 56% finely chopped ()
- 1 ounce chipotle chile dried
- 4 large eggs
- 4 teaspoons flour all-purpose
- 8 servings sauce sweet
- 6 tablespoons orange juice fresh
- 0.1 teaspoon salt
- 0.8 cup butter unsalted for greasing ramekins cut into small pieces, plus additional

Equipment

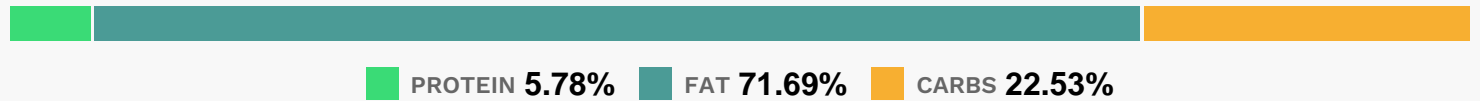
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- sieve
- blender
- ramekin
- spatula
- tongs

Directions

- Put oven rack in middle position and preheat oven to 325°F. Butter ramekins and dust with sugar, knocking out excess.
- Toast chiles in a dry heavy skillet over moderate heat, turning, until fragrant, 1 to 2 minutes. Discard stems, seeds, and ribs, then soak chiles in hot water to cover until softened, about 30 minutes.
- Drain, reserving soaking liquid. Purée chiles in a mini food processor or a blender, adding 2 to 3 tablespoons soaking liquid as needed to form a paste. Force paste through a fine-mesh sieve into a bowl and discard solids. Set aside 1 1/2 tablespoons chile paste and freeze remainder for another use.
- Bring juice and 1 cup sugar to a boil in a 1- to 1 1/2-quart saucepan, stirring until sugar is dissolved.
- Pour hot syrup over chocolate in a large bowl, stirring until chocolate is melted.
- Add butter and stir until melted.
- Add eggs 1 at a time, whisking after each addition, then stir in chile paste, flour, and salt. Divide among ramekins and bake in hot water bath, uncovered, until just firm and top is starting to crust, 50 to 60 minutes.
- Transfer ramekins with tongs to a work surface and let stand 2 minutes.

- Unmold warm cakes directly onto dessert plates (they will be difficult to move once they adhere).
- *Available at Mexican markets, many supermarkets, and Chile Today—Hot Tamale (800-468-7377).
- Cakes can be made and unmolded (while hot) up to 2 hours ahead and kept at room temperature, uncovered. · If you have limited counter space and are baking cakes ahead, unmold cakes onto a baking sheet lined with a nonstick bakeware liner (such as Silpat) and transfer to dessert plates with a spatula before serving.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:9.4308696518774%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 415.77kcal (20.79%), Fat: 33.4g (51.39%), Saturated Fat: 19.58g (122.35%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 19.72g (7.17%), Sugar: 15.89g (17.65%), Cholesterol: 140.88mg (46.96%), Sodium: 92.92mg (4.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 30.48mg (10.16%), Protein: 6.06g (12.11%), Manganese: 0.49mg (24.3%), Copper: 0.47mg (23.54%), Magnesium: 67.42mg (16.85%), Selenium: 11.22µg (16.02%), Fiber: 3.9g (15.6%), Iron: 2.75mg (15.3%), Phosphorus: 149.99mg (15%), Vitamin A: 710.04IU (14.2%), Vitamin B2: 0.15mg (8.68%), Zinc: 1.29mg (8.63%), Vitamin C: 6.38mg (7.73%), Potassium: 267.11mg (7.63%), Vitamin E: 0.97mg (6.47%), Vitamin D: 0.82µg (5.46%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.32µg (5.37%), Folate: 18.04µg (4.51%), Calcium: 42.65mg (4.27%), Vitamin K: 4.13µg (3.94%), Vitamin B6: 0.06mg (3.04%), Vitamin B1: 0.04mg (2.78%), Vitamin B3: 0.43mg (2.17%)