



Chocolate & almond puds with boozy hot chocolate sauce

READY IN



35 min.

SERVINGS



2

CALORIES



1149 kcal

DESSERT

Ingredients

- ☐ 50 g butter softened for the moulds
- ☐ 25 g almonds flaked toasted chopped
- ☐ 50 g caster sugar
- ☐ 1 eggs
- ☐ 25 g self-raising flour
- ☐ 25 g ground almonds
- ☐ 1 tbsp cocoa powder
- ☐ 2 scoops whipped cream

- ☐ 50 g chocolate dark
- ☐ 2 tbsp butter
- ☐ 125 ml double cream
- ☐ 1 tbsp caster sugar
- ☐ 1 tbsp disaronno (amaretto)

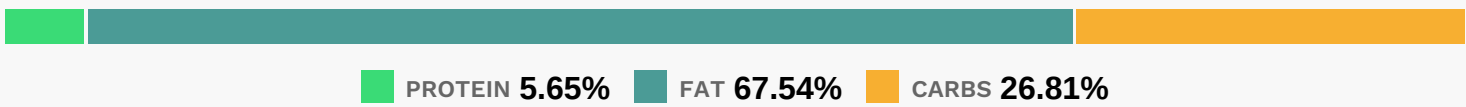
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter 2 x 150ml dariole moulds, scatter in the flaked almonds so they stick to the base and sides and put on a small baking tray. Beat the butter, sugar, egg, flour, ground almonds and cocoa powder together, then divide between the moulds.
- ☐ Bake for 20–25 mins until a skewer comes out clean.
- ☐ Meanwhile, for the sauce, melt all the ingredients in a small pan and keep warm.
- ☐ Carefully turn the cakes out of their moulds and sit on 2 plates (the same way up as they baked).
- ☐ Serve with vanilla ice cream, the hot chocolate sauce, espressos and a splash more Disaronno.

Nutrition Facts



Properties

Glycemic Index:200.59, Glycemic Load:38.87, Inflammation Score:-9, Nutrition Score:20.427826236124%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 1149.14kcal (57.46%), Fat: 87.62g (134.8%), Saturated Fat: 47.07g (294.19%), Carbohydrates: 78.29g (26.1%), Net Carbohydrates: 70.92g (25.79%), Sugar: 56.35g (62.61%), Cholesterol: 266.96mg (88.99%), Sodium: 359.92mg (15.65%), Alcohol: 1.95g (100%), Alcohol %: 0.84% (100%), Caffeine: 28.16mg (9.39%), Protein: 16.48g (32.96%), Manganese: 0.99mg (49.49%), Vitamin A: 2310.63IU (46.21%), Copper: 0.74mg (36.92%), Vitamin E: 5.32mg (35.45%), Vitamin B2: 0.57mg (33.72%), Phosphorus: 328.25mg (32.83%), Magnesium: 124.64mg (31.16%), Fiber: 7.37g (29.49%), Iron: 4.93mg (27.41%), Selenium: 17.99µg (25.7%), Calcium: 231.55mg (23.15%), Zinc: 2.44mg (16.26%), Potassium: 557.62mg (15.93%), Vitamin B12: 0.69µg (11.51%), Vitamin B5: 1.15mg (11.49%), Vitamin D: 1.58µg (10.52%), Folate: 27.82µg (6.95%), Vitamin K: 6.95µg (6.62%), Vitamin B1: 0.1mg (6.46%), Vitamin B6: 0.13mg (6.33%), Vitamin B3: 1.06mg (5.3%)