



Chocolate Cherry Mini Lava Cakes

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

DESSERT

Ingredients

- 12 cherries with stems
- 0.5 cup eggs fat-free
- 0.5 cup flour all-purpose
- 5.3 oz greek yogurt fat free black yoplait®
- 1 cup powdered sugar
- 1 tablespoon powdered sugar
- 0.5 cup semi chocolate chips
- 1 teaspoon shortening
- 2 tablespoons cocoa powder unsweetened

1 tablespoon vegetable oil

Equipment

bowl

oven

whisk

microwave

muffin liners

muffin tray

Directions

Heat oven to 350F. Lightly grease 12 regular-size muffin cups with shortening. In small bowl, stir together 2 teaspoons of the baking cocoa and 1 teaspoon of the flour; lightly sprinkle in muffin cups.

In medium bowl, microwave chocolate chips and oil uncovered on High 1 to 2 minutes, stirring every 30 seconds, until mixture is melted and smooth. Stir in 1 cup powdered sugar and the egg product with whisk until blended. Stir in 2 tablespoons baking cocoa, the yogurt and 1/2 cup flour. Spoon batter evenly into muffin cups, filling each about two-thirds full.

Bake 9 to 10 minutes, or until sides are firm (centers will still be soft).

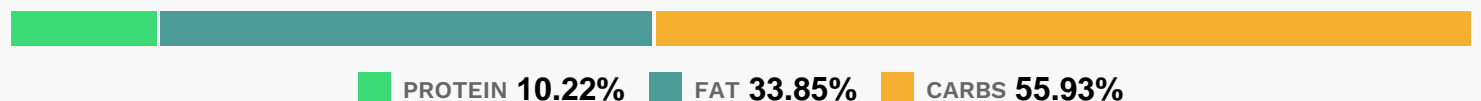
Let stand 2 minutes.

Place serving platter upside down on muffin pan. Turn platter and muffin pan over; remove muffin pan.

Sprinkle cakes with powdered sugar, and top each with a cherry.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:3.9443478143733%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 146.58kcal (7.33%), Fat: 5.61g (8.63%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 19.63g (7.14%), Sugar: 14.68g (16.32%), Cholesterol: 38.74mg (12.91%), Sodium: 20.14mg (0.88%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Caffeine: 8.37mg (2.79%), Protein: 3.81g (7.62%), Selenium: 6.93µg (9.9%), Manganese: 0.18mg (8.84%), Copper: 0.15mg (7.38%), Phosphorus: 70mg (7%), Vitamin B2: 0.12mg (6.91%), Iron: 1.05mg (5.85%), Magnesium: 21.98mg (5.49%), Fiber: 1.22g (4.87%), Folate: 15.75µg (3.94%), Vitamin B1: 0.05mg (3.53%), Zinc: 0.5mg (3.3%), Vitamin B12: 0.19µg (3.19%), Potassium: 110.37mg (3.15%), Vitamin K: 3.08µg (2.93%), Calcium: 27.22mg (2.72%), Vitamin B5: 0.26mg (2.63%), Vitamin B3: 0.43mg (2.17%), Vitamin E: 0.28mg (1.86%), Vitamin B6: 0.04mg (1.75%), Vitamin D: 0.2µg (1.35%), Vitamin A: 64.05IU (1.28%)