



Chocolate Decadence

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 1 large egg whites
- ☐ 5 tablespoons flour all-purpose
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 8 teaspoons semi chocolate chips
- ☐ 0.5 cup sugar
- ☐ 0.5 ounce baker's chocolate unsweetened chopped
- ☐ 2 tablespoons cocoa powder unsweetened

☐ 0.5 teaspoon vanilla extract

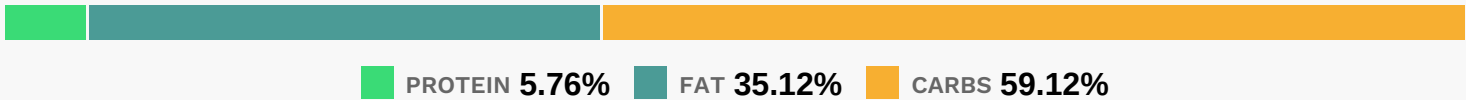
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Preheat oven to 350
- ☐ Lightly coat 4 (2-ounce) ramekins with cooking spray, and sprinkle 3/4 teaspoon sugar into each of the ramekins, shaking and turning to coat. Set prepared ramekins aside.
- ☐ Combine 1/2 cup plus 2 tablespoons sugar, milk, and cocoa in a small saucepan, stirring well with a whisk. Bring to a boil over medium heat. Cook 30 seconds or until sugar dissolves, stirring constantly.
- ☐ Remove from heat; add the butter and 1/2 ounce unsweetened chocolate. Stir until the chocolate melts and mixture is smooth. Cool chocolate mixture 10 minutes.
- ☐ Add flour, vanilla, salt, and egg white to chocolate mixture, stirring with a whisk just until blended. Spoon 2 tablespoons chocolate mixture into each prepared ramekin, and top each with 2 teaspoons chocolate chips. Divide the remaining chocolate mixture evenly among ramekins, spreading to cover the chocolate chips.
- ☐ Bake at 350 for 20 minutes or until barely set. Cool for 10 minutes. Invert onto dessert plates.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:48.77, Glycemic Load:22.63, Inflammation Score:-4, Nutrition Score:6.0152174095097%

Flavonoids

Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Epicatechin: 9.94mg, Epicatechin: 9.94mg, Epicatechin: 9.94mg, Epicatechin: 9.94mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 261.65kcal (13.08%), Fat: 10.71g (16.47%), Saturated Fat: 6.42g (40.12%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 38.01g (13.82%), Sugar: 29.54g (32.82%), Cholesterol: 13.06mg (4.35%), Sodium: 129.9mg (5.65%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Caffeine: 17.06mg (5.69%), Protein: 3.95g (7.9%), Manganese: 0.44mg (22.17%), Copper: 0.35mg (17.54%), Magnesium: 46.17mg (11.54%), Iron: 2.05mg (11.37%), Fiber: 2.56g (10.22%), Selenium: 6.87µg (9.82%), Phosphorus: 84.38mg (8.44%), Vitamin B2: 0.13mg (7.72%), Zinc: 0.92mg (6.13%), Vitamin B1: 0.09mg (6.02%), Folate: 20.17µg (5.04%), Potassium: 169.95mg (4.86%), Vitamin B3: 0.77mg (3.83%), Calcium: 34.18mg (3.42%), Vitamin A: 151.17IU (3.02%), Vitamin B12: 0.11µg (1.87%), Vitamin B5: 0.16mg (1.57%), Vitamin K: 1.54µg (1.47%), Vitamin E: 0.21mg (1.38%)