



Chocolate-Espresso Lava Cakes with Espresso Whipped Cream

READY IN



45 min.

SERVINGS



6

CALORIES



968 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.3 teaspoon almond extract
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 6 teaspoons coffee powder instant
- ☐ 3 tablespoons powdered sugar
- ☐ 1 cup butter salted melted (2 sticks)

- ☐ 4.5 ounces semi chocolate chips
- ☐ 1 cup sugar
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup whipping cream chilled

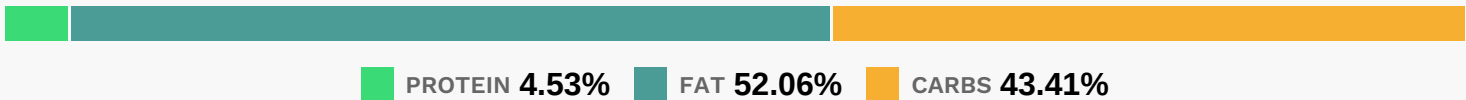
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Sift flour, cocoa powder, 5 teaspoons espresso powder, and baking powder into medium bowl.
- ☐ Place butter in large bowl; add both sugars and whisk until well blended.
- ☐ Whisk in eggs 1 at a time, then vanilla and almond extracts.
- ☐ Whisk in dry ingredients. Divide batter among six 1-cup ovenproof coffee mugs (about 2/3 cup in each). Top each with 2 tablespoons chocolate chips. Gently press chips into batter. Cover and refrigerate mugs at least 1 hour and up to 1 day.
- ☐ Combine cream, powdered sugar and remaining 1 teaspoon espresso powder in medium bowl; whisk until peaks form. Chill up to 1 hour.
- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Let mugs with batter stand at room temperature 5 minutes.
- ☐ Bake uncovered until cakes are puffed and crusty and tester inserted into center comes out with thick batter attached, about 30 minutes. Cool cakes 5 minutes. Top hot cakes with espresso whipped cream and serve.

Nutrition Facts



Properties

Glycemic Index:47.85, Glycemic Load:35.04, Inflammation Score:-8, Nutrition Score:17.91782621845%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 967.9kcal (48.39%), Fat: 58.11g (89.4%), Saturated Fat: 35.2g (219.99%), Carbohydrates: 109g (36.33%), Net Carbohydrates: 102.75g (37.37%), Sugar: 82.25g (91.39%), Cholesterol: 251.44mg (83.81%), Sodium: 423.27mg (18.4%), Alcohol: 0.4g (100%), Alcohol %: 0.21% (100%), Caffeine: 74.41mg (24.8%), Protein: 11.38g (22.75%), Manganese: 0.89mg (44.54%), Copper: 0.75mg (37.67%), Vitamin A: 1719.19IU (34.38%), Selenium: 22.98µg (32.83%), Phosphorus: 281.25mg (28.12%), Magnesium: 110.16mg (27.54%), Iron: 4.87mg (27.06%), Fiber: 6.24g (24.97%), Vitamin B2: 0.39mg (22.82%), Calcium: 175.1mg (17.51%), Folate: 60.32µg (15.08%), Potassium: 485.85mg (13.88%), Zinc: 2.02mg (13.47%), Vitamin B1: 0.2mg (13.47%), Vitamin E: 1.74mg (11.61%), Vitamin B3: 2.04mg (10.18%), Vitamin B5: 0.89mg (8.86%), Vitamin D: 1.3µg (8.68%), Vitamin B12: 0.46µg (7.71%), Vitamin B6: 0.12mg (5.82%), Vitamin K: 5.9µg (5.62%)