

Chocolate Griddle Cakes with Chocolate Sauce







DESSERT

Ingredients

0.1 teaspoon salt

0.5 teaspoon baking soda
7 oz bittersweet chocolate unsweetened finely chopped (not)
0.8 cup buttermilk well-shaken
0.5 cup cocoa powder unsweetened
1 large egg yolk
1.3 cups flour all-purpose
1 cup cup heavy whipping cream

cup sugar	
servings butter unsalted for greasing griddle	
teaspoon vanilla	
0.3 cup vegetable oil	
large eggs whole	
ıipment	
powl	
rying pan	
auce pan	
vhisk	
lluminum foil	
patula	
Directions	
Bring cream to a boil in a 1-quart saucepan, then pour hot cream over chocolate in a bowl, gently whisking until smooth. Keep warm or at room temperature.	
sift together cocoa, flour, sugar, baking soda, and salt into a large bowl, then whisk in eggs, olk, buttermilk, oil, and vanilla until combined well.	
leat a griddle or nonstick skillet over moderately low heat and lightly coat with butter.	
Vorking in batches of 2 or 3, pour 1/4 cup batter per cake onto hot griddle and cook until bubbles appear on surface, 1 to 2 minutes. Flip cakes with a large spatula and cook until tops pring back when pressed gently, about 1 minute more.	
ransfer to a plate and loosely cover with foil to keep warm.	
add 1/2 teaspoon butter to griddle between batches.	
Serve cakes in stacks, topped with chocolate sauce.	
Nutrition Facts	

Properties

Glycemic Index:44.02, Glycemic Load:57.15, Inflammation Score:-8, Nutrition Score:26.069999723331%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg 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: 1085.26kcal (54.26%), Fat: 65.18g (100.27%), Saturated Fat: 32.23g (201.46%), Carbohydrates: 116.19g (38.73%), Net Carbohydrates: 107.19g (38.98%), Sugar: 72.59g (80.65%), Cholesterol: 224.81mg (74.94%), Sodium: 319.47mg (13.89%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 67.39mg (22.46%), Protein: 16.18g (32.36%), Manganese: 1.35mg (67.63%), Copper: 1.13mg (56.35%), Selenium: 32.8µg (46.86%), Magnesium: 161.65mg (40.41%), Iron: 7.1mg (39.44%), Phosphorus: 390.18mg (39.02%), Fiber: 9g (36%), Vitamin B2: 0.58mg (34.19%), Vitamin K: 31.51µg (30.01%), Vitamin A: 1294.94IU (25.9%), Vitamin B1: 0.38mg (25.45%), Folate: 97.66µg (24.41%), Zinc: 3.07mg (20.43%), Potassium: 646.6mg (18.47%), Vitamin E: 2.51mg (16.72%), Calcium: 162.74mg (16.27%), Vitamin D: 2.34µg (15.61%), Vitamin B3: 3.06mg (15.31%), Vitamin B5: 1.19mg (11.86%), Vitamin B12: 0.71µg (11.76%), Vitamin B6: 0.14mg (7.08%)