



Chocolate Griddle Cakes with Chocolate Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1085 kcal

DESSERT

Ingredients

- ☐ 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
- ☐ 0.1 teaspoon salt

- ☐ 1 cup sugar
- ☐ 4 servings butter unsalted for greasing griddle
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup vegetable oil
- ☐ 2 large eggs whole

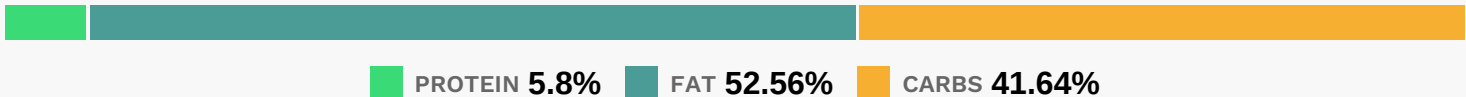
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

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, yolk, buttermilk, oil, and vanilla until combined well.
- ☐ Heat a griddle or nonstick skillet over moderately low heat and lightly coat with butter.
- ☐ Working 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 spring back when pressed gently, about 1 minute more.
- ☐ Transfer 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, 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%)