



Chocolate Lava Cakes with Pistachio Cream

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 ounces bittersweet chocolate coarsely chopped
- 1 cup dry-roasted pistachios shelled
- 5 large egg whites
- 2 large eggs
- 1 cup milk 2% reduced-fat
- 1 Dash salt
- 1.8 cups sugar divided

- 0.3 cup cocoa unsweetened
- 0.5 teaspoon vanilla extract

Equipment

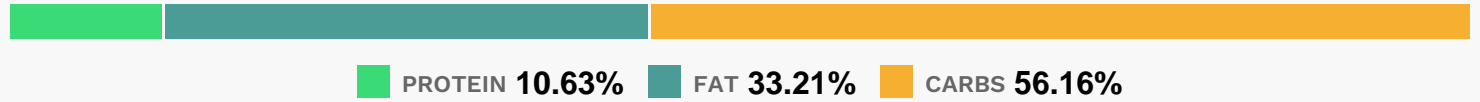
- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- double boiler
- muffin liners

Directions

- Place pistachios in a food processor; process until a crumbly paste forms (about 3 1/2 minutes), scraping sides of bowl once.
- Place 1/4 cup pistachio butter, 1 1/4 cups sugar, cocoa, eggs, and egg whites in top of a double boiler; stir well with a whisk.
- Add chocolate; cook over simmering water until chocolate melts and sugar dissolves (about 3 minutes).
- Remove from heat; add baking powder and vanilla. Stir with a whisk until smooth. Spoon batter into 12 muffin cups coated with cooking spray. Chill 2 hours.
- Place remaining 1/4 cup pistachio butter and 1/2 cup sugar in food processor; pulse 4 times or until combined.
- Add milk and salt; process until smooth. Strain mixture through a sieve into a small saucepan; discard solids. Bring to a boil. Reduce heat; simmer 4 minutes or until thick.
- Remove from heat; pour into a bowl. Cover and chill.
- Preheat oven to 45
- Bake cakes at 450 for 9 minutes or until almost set (centers will not be firm).

- Let cool in pan 5 minutes. Invert each cake onto a dessert plate; drizzle with sauce.
- Garnish with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:20.4, Inflammation Score:-2, Nutrition Score:6.0299999709039%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 246.58kcal (12.33%), Fat: 9.57g (14.72%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 34.31g (12.48%), Sugar: 32.63g (36.26%), Cholesterol: 32.86mg (10.95%), Sodium: 117.2mg (5.1%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 8.18mg (2.73%), Protein: 6.89g (13.78%), Manganese: 0.4mg (20%), Selenium: 7.79µg (11.13%), Phosphorus: 111.13mg (11.11%), Magnesium: 44.25mg (11.06%), Vitamin B2: 0.17mg (10.11%), Copper: 0.19mg (9.64%), Vitamin B3: 1.92mg (9.59%), Fiber: 2.09g (8.36%), Potassium: 195.58mg (5.59%), Zinc: 0.8mg (5.35%), Iron: 0.94mg (5.22%), Calcium: 51.81mg (5.18%), Vitamin E: 0.74mg (4.93%), Folate: 18.15µg (4.54%), Vitamin B6: 0.08mg (4.22%), Vitamin B5: 0.42mg (4.17%), Vitamin B12: 0.2µg (3.32%), Vitamin B1: 0.03mg (2.23%), Vitamin A: 67.42IU (1.35%), Vitamin D: 0.17µg (1.11%)