



Chocolate Lava Cakes with Pistachio Cream

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



245 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon baking powder
- 2 ounces bittersweet chocolate coarsely chopped
- 1 cup chop roasted peanuts 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 powder unsweetened
- 0.5 teaspoon vanilla extract

Equipment

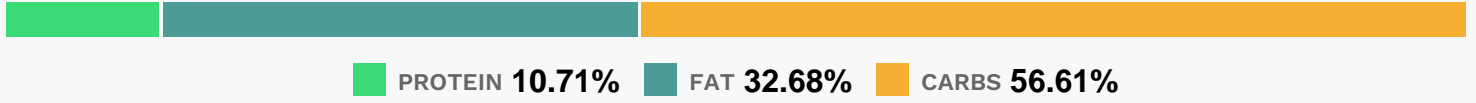
- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- double boiler
- muffin liners

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:5.84, Glycemic Load:20.36, Inflammation Score:0, Nutrition Score:6.158695631701%

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: 245.27kcal (12.26%), Fat: 9.36g (14.41%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 34.41g (12.51%), Sugar: 32.61g (36.24%), Cholesterol: 32.27mg (10.76%), Sodium: 98.11mg (4.27%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 8.18mg (2.73%), Protein: 6.9g (13.81%), Manganese: 0.4mg (19.92%), Phosphorus: 121.09mg (12.11%), Magnesium: 44.45mg (11.11%), Selenium: 7.71µg (11.02%), Vitamin B3: 1.92mg (9.61%), Copper: 0.19mg (9.6%), Vitamin B2: 0.16mg (9.58%), Fiber: 2.09g (8.38%), Potassium: 216.12mg (6.17%), Zinc: 0.79mg (5.29%), Iron: 0.93mg (5.17%), Calcium: 50.41mg (5.04%), Vitamin E: 0.74mg (4.92%), Vitamin B6: 0.09mg (4.43%), Folate: 17.56µg (4.39%), Vitamin B5: 0.42mg (4.18%), Vitamin B12: 0.22µg (3.58%), Vitamin D: 0.38µg (2.55%), Vitamin B1: 0.04mg (2.47%), Vitamin A: 85.91IU (1.72%)