



Chocolate-Mint Pudding Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour
- ☐ 1 stick ice-cream chocolate shell
- ☐ 6 servings powdered sugar sweetened
- ☐ 3 large egg yolk
- ☐ 3 large eggs
- ☐ 6 servings mint leaves fresh
- ☐ 1.3 teaspoons peppermint extract
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not)

- ☐ 0.3 cup caster sugar (superfine sugar)
- ☐ 0.5 cup butter unsalted cut into 4 pieces (1 stick)

Equipment

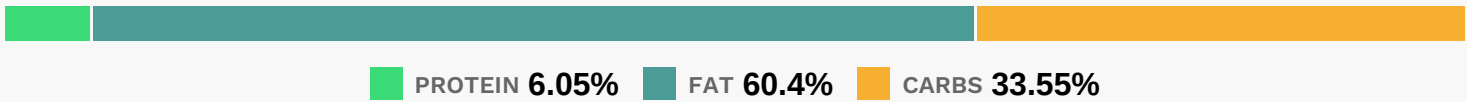
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ hand mixer
- ☐ pot holder
- ☐ oven mitt

Directions

- ☐ Preheat oven to 375°F. Lightly butter six 3/4-cup ramekins or custard cups. Stir chocolate and butter in heavy small saucepan over low heat until melted and smooth.
- ☐ Remove from heat and cool slightly.
- ☐ Using electric mixer, beat eggs, egg yolks, and 1/3 cup sugar in large bowl until slightly thickened, about 5 minutes.
- ☐ Add all purpose flour and beat until blended.
- ☐ Add chocolate mixture, peppermint extract, and salt; beat just until incorporated. Divide chocolate mixture among prepared ramekins.
- ☐ Place ramekins on baking sheet. (Can be prepared 1 hour ahead.
- ☐ Let stand at room temperature.)
- ☐ Bake cakes until edges are set but centers look shiny and still move slightly when ramekins are gently shaken (tester inserted into centers comes out with wet batter attached), about 11 minutes.
- ☐ Remove cakes from oven; run small knife around each cake to loosen.

- ☐
- Place small plate atop 1 ramekin with pudding cake. Using oven mitts or pot holders, hold plate and ramekin firmly together and invert, allowing cake to settle onto plate. Repeat with remaining cakes.
- ☐
- Sprinkle each cake with powdered sugar or sweetened cocoa.
- ☐
- Place scoop of ice cream alongside.
- ☐
- Garnish with mint leaves and serve.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:10.65, Inflammation Score:-5, Nutrition Score:9.8526086133459%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 459.21kcal (22.96%), Fat: 30.95g (47.61%), Saturated Fat: 17.58g (109.87%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 36.19g (13.16%), Sugar: 29.63g (32.93%), Cholesterol: 227.23mg (75.74%), Sodium: 142.28mg (6.19%), Alcohol: 0.29g (100%), Alcohol %: 0.34% (100%), Caffeine: 24.39mg (8.13%), Protein: 6.98g (13.96%), Selenium: 16.89µg (24.13%), Manganese: 0.44mg (21.93%), Copper: 0.39mg (19.72%), Phosphorus: 167.48mg (16.75%), Vitamin A: 787.65IU (15.75%), Iron: 2.77mg (15.4%), Magnesium: 55.8mg (13.95%), Vitamin B2: 0.21mg (12.51%), Fiber: 2.49g (9.96%), Zinc: 1.34mg (8.92%), Folate: 35.43µg (8.86%), Vitamin D: 1.24µg (8.29%), Vitamin B12: 0.47µg (7.87%), Vitamin B5: 0.77mg (7.71%), Vitamin E: 1.09mg (7.28%), Potassium: 222.36mg (6.35%), Vitamin B1: 0.08mg (5.12%), Calcium: 50.82mg (5.08%), Vitamin B6: 0.09mg (4.32%), Vitamin K: 3.52µg (3.35%), Vitamin B3: 0.59mg (2.97%)