



Chocolate Muck Muck Cake

READY IN



30 min.

SERVINGS



6

CALORIES



516 kcal

DESSERT

Ingredients

- ☐ 1 ounce bittersweet chocolate finely chopped
- ☐ 1.5 cups confectioners' sugar
- ☐ 4 egg yolks
- ☐ 4 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 14 tablespoons butter unsalted

Equipment

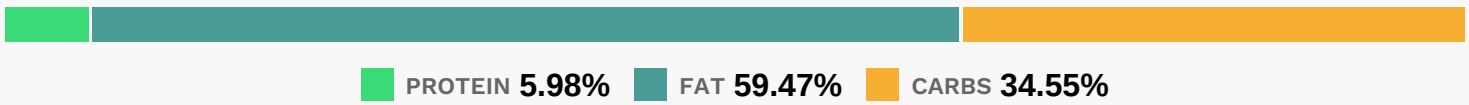
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly spray 6 – 3 inch muffin cups with nonstick cooking spray.
- ☐ Place chopped chocolate and butter in a metal bowl. Set bowl above a saucepan of lightly simmering water and melt until completely smooth and even.
- ☐ Remove from heat and stir in eggs and yolks with a whisk. Lastly, stir in powdered sugar and flour.
- ☐ Bake in preheated oven for exactly 7 minutes. The cake may appear under-baked.
- ☐ Remove from oven and serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:8.63, Inflammation Score:-6, Nutrition Score:9.1591304488804%

Nutrients (% of daily need)

Calories: 515.74kcal (25.79%), Fat: 34.43g (52.97%), Saturated Fat: 19.91g (124.43%), Carbohydrates: 45g (15%), Net Carbohydrates: 44.2g (16.07%), Sugar: 31.31g (34.79%), Cholesterol: 309.24mg (103.08%), Sodium: 52.39mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 7.78g (15.57%), Selenium: 21.93µg (31.32%), Vitamin A: 1150.14IU (23%), Vitamin B2: 0.29mg (17.28%), Folate: 60.88µg (15.22%), Phosphorus: 141.88mg (14.19%), Vitamin D: 1.72µg (11.5%), Vitamin B1: 0.16mg (10.58%), Iron: 1.89mg (10.49%), Vitamin E: 1.41mg (9.42%), Vitamin B12: 0.56µg (9.32%), Manganese: 0.19mg (9.32%), Vitamin B5: 0.93mg (9.27%), Zinc: 0.92mg (6.14%), Copper: 0.12mg (5.96%), Vitamin B6: 0.1mg (5.07%), Vitamin B3: 1mg (5%), Calcium: 45.32mg (4.53%), Magnesium: 16.53mg (4.13%), Fiber: 0.8g (3.2%), Potassium: 105.51mg (3.01%), Vitamin K: 2.85µg (2.71%)