



## Chocolate Mudslides

READY IN



45 min.

SERVINGS



18

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 tsp double-acting baking powder
- ☐ 8 oz bittersweet chocolate chopped
- ☐ 0.3 cup cake flour ()
- ☐ 10 oz chocolate chips
- ☐ 3 large eggs (weigh to make sure there are 6 oz)
- ☐ 1 cup granulated sugar (8 oz)
- ☐ 1 pinch salt
- ☐ 3 tablespoons butter unsalted
- ☐ 2.8 oz chocolate unsweetened chopped

☐ 1 teaspoon vanilla extract

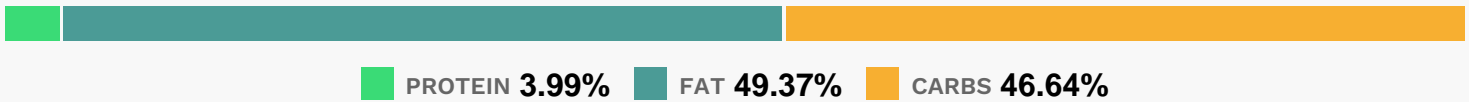
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ stand mixer
- ☐ microwave

## Directions

- ☐ In a small mixing bowl, stir together cake flour, baking powder and salt; set aside. In a microwave-safe bowl, combine both chocolates and the butter. Melt on 50% power stirring at 30 second intervals.
- ☐ Let cool slightly. Meanwhile, in the bowl of a stand mixer or with a hand-held electric mixer, beat the eggs until light. Beat in the sugar and the vanilla. Beat in the melted chocolate. With a mixing spoon, add the flour mixture and stir just until incorporated. Stir in the chocolate chips or chunks. At this point the batter is fairly loose and more like cake batter. Chill batter for about 1 hour to thicken. Preheat oven to 350°F. Line two large baking sheets with parchment paper or non-stick foil. With a quarter cup measure, scoop out large mounds (2 oz each) of dough and arrange on the baking sheets spacing 2 ½ inches apart; bake for 12 minutes or until tops are cracked.
- ☐ Let cool on the baking sheet for a few minutes, and then transfer to a wire rack to cool completely. Repeat with remaining dough to make 18 large cookies.

## Nutrition Facts



## Properties

Glycemic Index:12.73, Glycemic Load:8.62, Inflammation Score:-2, Nutrition Score:4.6156522165174%

## Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg

## Nutrients (% of daily need)

Calories: 251.83kcal (12.59%), Fat: 14.34g (22.06%), Saturated Fat: 8.45g (52.84%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 28.72g (10.44%), Sugar: 24.82g (27.58%), Cholesterol: 36.77mg (12.26%), Sodium: 37.03mg (1.61%), Alcohol: 0.08g (100%), Alcohol %: 0.17% (100%), Caffeine: 14.3mg (4.77%), Protein: 2.61g (5.22%), Manganese: 0.36mg (18.23%), Copper: 0.31mg (15.39%), Iron: 1.74mg (9.66%), Magnesium: 37.9mg (9.47%), Phosphorus: 73.04mg (7.3%), Fiber: 1.77g (7.08%), Selenium: 4.75µg (6.78%), Zinc: 0.88mg (5.84%), Potassium: 166.77mg (4.76%), Calcium: 40.32mg (4.03%), Vitamin B2: 0.05mg (3.1%), Vitamin A: 109.64IU (2.19%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.1µg (1.68%), Vitamin E: 0.24mg (1.6%), Vitamin K: 1.52µg (1.45%), Folate: 5.77µg (1.44%), Vitamin D: 0.2µg (1.34%), Vitamin B1: 0.02mg (1.02%), Vitamin B6: 0.02mg (1.02%)