



Chocolate pecan fondants

 Vegetarian

READY IN



40 min.

SERVINGS



2

CALORIES



778 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter for greasing
- ☐ 150 g bar chocolate dark 50% chopped fine (cocoa solids is)
- ☐ 1 eggs beaten
- ☐ 2 tbsp flour plain
- ☐ 2 tbsp pecan nuts toasted chopped finely
- ☐ 1 tbsp golden caster sugar

Equipment

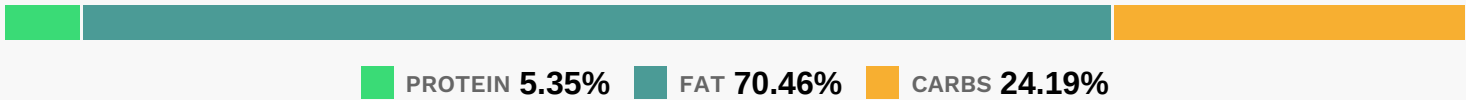
- ☐ bowl

- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Butter 2 individual pudding basins (about 200ml capacity), then dust generously with cocoa powder. Melt the chocolate with the butter in a bowl over simmering water or in a microwave and stir until smooth. Gradually stir in the egg, then flour, nuts, sugar and a pinch of salt, and beat gently until everything is combined, but still runny.
- ☐ Divide the mixture between the pudding basins. These can now be chilled for up to a day ahead.
- ☐ Bake for 15 mins (or 18 mins if chilled). Turn out onto small plates and serve with ice cream. Fondants should be cooked on the outside and molten in the middle.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:10.23, Inflammation Score:-8, Nutrition Score:22.02304332671%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 778.41kcal (38.92%), Fat: 61.61g (94.79%), Saturated Fat: 32.53g (203.34%), Carbohydrates: 47.6g (15.87%), Net Carbohydrates: 38.26g (13.91%), Sugar: 24.33g (27.03%), Cholesterol: 137.84mg (45.95%), Sodium: 208.82mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 60mg (20%), Protein: 10.53g (21.05%), Manganese: 1.97mg (98.61%), Copper: 1.47mg (73.7%), Iron: 9.96mg (55.33%), Magnesium: 188.43mg (47.11%), Fiber: 9.34g (37.35%), Phosphorus: 316.6mg (31.66%), Zinc: 3.3mg (21.97%), Selenium: 15.1µg (21.57%), Potassium: 629.61mg (17.99%), Vitamin A: 778.4IU (15.57%), Vitamin B2: 0.22mg (12.8%), Vitamin B1: 0.16mg (10.69%), Vitamin E: 1.4mg (9.32%), Calcium: 86.18mg (8.62%), Vitamin B5: 0.81mg (8.05%), Vitamin B12: 0.45µg (7.47%), Vitamin K:

7.66µg (7.3%), Vitamin B3: 1.38mg (6.92%), Folate: 27.08µg (6.77%), Vitamin B6: 0.09mg (4.67%), Vitamin D: 0.44µg (2.93%)