



Coffee Liqueur Java Cakes

READY IN



15 min.

SERVINGS



6

CALORIES



882 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 1 tablespoon butter
- ☐ 8 ounces bittersweet chocolate morsels
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 4 egg yolks
- ☐ 4 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 cups powdered sugar
- ☐ 6 servings garnish: powdered sugar

☐ 1 pinch salt

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ knife

☐ whisk

☐ ramekin

☐ hand mixer

☐ kitchen thermometer

☐ microwave

Directions

☐ Preheat oven to 425

☐ Grease 6 (6-oz.) ramekins or individual souffl dishes with 1 Tbsp. butter.

☐ Microwave 1 cup butter and chocolate morsels in a microwave-safe bowl at HIGH 2 minutes or until chocolate is melted and mixture is smooth, whisking at 1-minute intervals.

☐ Beat egg yolks and eggs at medium speed with an electric mixer 1 minute. Gradually add chocolate mixture, beating at low speed until well blended.

☐ Sift together sugar, flour, and salt. Gradually whisk sugar mixture into chocolate mixture until well blended.

☐ Whisk in coffee liqueur. Divide batter among prepared ramekins.

☐ Place ramekins in a 15- x 10-inch jelly-roll pan.

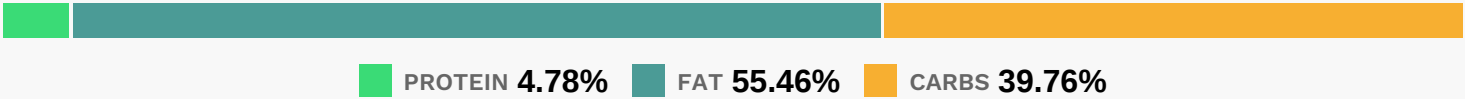
☐ Bake at 425 for 14 to 16 minutes or until a thermometer inserted into cakes registers 160

☐ Remove from oven, and let stand 10 minutes. Run a knife around outer edge of each cake to loosen. Carefully invert cakes onto dessert plates.

☐ Garnish, if desired.

☐ Note: For testing purposes only, we used Ghirardelli 60% Cacao Bittersweet Chocolate Chips and Kahla for coffee liqueur.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:8.64, Inflammation Score:-7, Nutrition Score:14.663913167041%

Nutrients (% of daily need)

Calories: 881.73kcal (44.09%), Fat: 53.6g (82.46%), Saturated Fat: 31.2g (195%), Carbohydrates: 86.47g (28.82%), Net Carbohydrates: 83.03g (30.19%), Sugar: 67.21g (74.68%), Cholesterol: 342.23mg (114.08%), Sodium: 323.93mg (14.08%), Alcohol: 2.85g (100%), Alcohol %: 1.8% (100%), Caffeine: 32.51mg (10.84%), Protein: 10.39g (20.78%), Selenium: 26.11µg (37.31%), Manganese: 0.63mg (31.26%), Vitamin A: 1375.7IU (27.51%), Copper: 0.53mg (26.54%), Phosphorus: 237.59mg (23.76%), Iron: 4.06mg (22.57%), Vitamin B2: 0.33mg (19.66%), Magnesium: 75.37mg (18.84%), Folate: 62.99µg (15.75%), Fiber: 3.45g (13.78%), Zinc: 1.86mg (12.39%), Vitamin E: 1.82mg (12.16%), Vitamin B1: 0.17mg (11.41%), Vitamin B12: 0.67µg (11.12%), Vitamin B5: 1.1mg (10.96%), Vitamin D: 1.31µg (8.76%), Potassium: 300.72mg (8.59%), Calcium: 70.05mg (7.01%), Vitamin B3: 1.28mg (6.42%), Vitamin B6: 0.12mg (5.98%), Vitamin K: 5.76µg (5.49%)