



Dark Molten Chocolate Cakes

READY IN



30 min.

SERVINGS



30

CALORIES



99 kcal

DESSERT

Ingredients

- 4 oz baker's bittersweet chocolate (6 oz.)
- 10 Tbsp butter
- 3 egg yolks
- 0.5 cup flour
- 1.5 cups powdered sugar divided
- 18 raspberries fresh
- 3 eggs whole

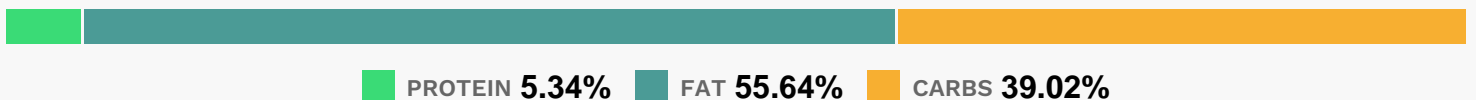
Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- microwave

Directions

- Heat oven to 425F.
- Grease 6 (6-oz.) custard cups or souffl dishes.
- Place on baking sheet.
- Microwave chocolate and butter in large microwaveable bowl on MEDIUM (50%) 2 min. or until butter is melted. Stir with whisk until chocolate is completely melted.
- Add 1-1/2 cups sugar and flour; mix well.
- Add whole eggs and egg yolks; beat until blended.
- Pour into prepared cups.
- Bake 14 to 15 min. or until cakes are firm around the edges but still soft in the centers.
- Let stand 1 min. Run small knife around cakes to loosen; carefully unmold onto dessert plates.
- Cut in half.
- Serve warm topped with remaining sugar.
- Garnish with berries.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:1.8517391344775%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 99.46kcal (4.97%), Fat: 6.21g (9.55%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 9.36g (3.41%), Sugar: 7.34g (8.16%), Cholesterol: 46.21mg (15.4%), Sodium: 38.1mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 1.34g (2.68%), Selenium: 3.47µg (4.95%), Manganese: 0.07mg (3.74%), Vitamin A: 170.29IU (3.41%), Phosphorus: 29.29mg (2.93%), Copper: 0.06mg (2.81%), Vitamin B2: 0.05mg (2.64%), Iron: 0.47mg (2.64%), Folate: 8.9µg (2.23%), Magnesium: 8.09mg (2.02%), Fiber: 0.44g (1.75%), Vitamin E: 0.24mg (1.58%), Vitamin B1: 0.02mg (1.54%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.22mg (1.49%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.19µg (1.23%)