



Foolproof chocolate & coffee fondants

READY IN



32 min.

SERVINGS



6

CALORIES



740 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 175 g butter melted for greasing
- ☐ 175 g chocolate dark 70% (we used)
- ☐ 200 g brown sugar
- ☐ 4 eggs
- ☐ 50 ml hot-brewed coffee black (we used espresso coffee)
- ☐ 85 g flour plain
- ☐ 6 servings whipped cream

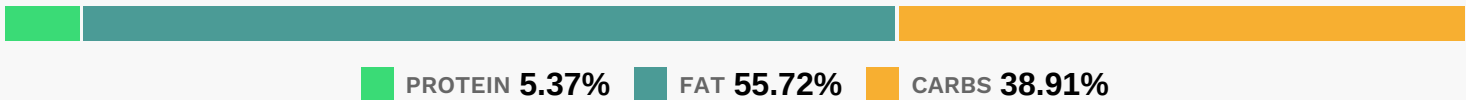
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ pastry brush

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Use a pastry brush to grease 6 dariole moulds or individual pudding basins really well and place in the fridge for the butter to set. Then grease again, dust with cocoa powder and set aside.
- ☐ Melt the butter and chocolate together over a pan of barely simmering water, then remove. In a separate bowl, beat the sugar and eggs together until light and fluffy. Fold the chocolate and beaten egg together, then add the coffee and finally fold through the flour.
- ☐ Divide the mixture between the darioles. The puddings can now be frozen or chilled.
- ☐ Place on a baking tray and bake for exactly 12 mins until the mixture has puffed up and formed a crust but still has a slight wobble to it. Turn the puddings out onto serving plates and serve with a big scoop of vanilla ice cream for a great contrast of hot and cold.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:19.4, Inflammation Score:-7, Nutrition Score:14.893043578967%

Nutrients (% of daily need)

Calories: 740.43kcal (37.02%), Fat: 46.28g (71.2%), Saturated Fat: 27.56g (172.22%), Carbohydrates: 72.7g (24.23%), Net Carbohydrates: 68.68g (24.97%), Sugar: 53.49g (59.43%), Cholesterol: 201.74mg (67.25%), Sodium: 297.61mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 26.67mg (8.89%), Protein: 10.04g (20.08%), Manganese: 0.7mg (35.08%), Copper: 0.59mg (29.38%), Iron: 4.94mg (27.47%), Selenium: 17.67µg (25.24%), Phosphorus: 241.1mg (24.11%), Vitamin B2: 0.4mg (23.61%), Vitamin A: 1176.51IU (23.53%), Magnesium: 86.21mg (21.55%), Fiber: 4.02g (16.09%), Calcium: 159.16mg (15.92%), Zinc: 1.94mg (12.91%), Potassium: 450.94mg (12.88%), Vitamin B5: 1.11mg (11.14%), Folate: 44.39µg (11.1%), Vitamin B1: 0.16mg (10.84%), Vitamin B12: 0.65µg (10.83%),

Vitamin E: 1.36mg (9.09%), Vitamin B3: 1.31mg (6.54%), Vitamin B6: 0.11mg (5.67%), Vitamin D: 0.72µg (4.79%),
Vitamin K: 4.51µg (4.29%)