



Ghirardelli® Individual Chocolate Lava Cakes

 Popular

READY IN



155 min.

SERVINGS



6

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 4 ounces into 1-inch pieces 60% chopped
- ☐ 0.3 cup cake flour
- ☐ 2 large egg yolks
- ☐ 0.3 cup granulated sugar white
- ☐ 0.3 cup heavy cream
- ☐ 6 servings raspberries for garnish
- ☐ 0.5 cup butter unsalted cut into pieces
- ☐ 0.5 teaspoon vanilla extract pure

- ☐ 6 servings whipped cream for garnish
- ☐ 2 large eggs whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ To make the centers, in the top of a double boiler or in a heatproof bowl over barely simmering water, melt the 2 ounces of chocolate with the cream.
- ☐ Whisk gently to blend.
- ☐ Refrigerate for about 2 hours, or until firm. With your hands, form into six balls; refrigerate until needed.
- ☐ Preheat the oven to 400 degrees F. Spray six 4-ounce ramekins or custard cups with cooking spray.
- ☐ To make the cakes, in the top of a double boiler or in a heatproof bowl over barely simmering water, melt the 4 ounces of chocolate and the butter, stirring occasionally until smooth.
- ☐ In a large bowl, with an electric mixer, whisk the whole eggs, egg yolks, sugar, and vanilla on high speed for about 5 minutes, or until thick and light. Fold the melted chocolate mixture and flour into the egg mixture just until combined. Spoon the cake batter into the ramekins.
- ☐ Place a chocolate ball in the middle of each ramekin.
- ☐ Bake for about 15 minutes, or until the cake is firm to the touch.
- ☐ Remove from the oven and let sit for about 5 minutes. Run a small, sharp knife around the inside of each ramekin, place an upside-down plate on top, invert, and remove the ramekin.
- ☐ Garnish with raspberries and a dollop of whipped cream.

Nutrition Facts

 **PROTEIN 5.61%**  **FAT 63.95%**  **CARBS 30.44%**

Properties

Glycemic Index:36.35, Glycemic Load:11.46, Inflammation Score:-6, Nutrition Score:11.151738996091%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 430.02kcal (21.5%), Fat: 31.1g (47.84%), Saturated Fat: 18.08g (112.99%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 27.76g (10.1%), Sugar: 21.61g (24.01%), Cholesterol: 180.77mg (60.26%), Sodium: 34.36mg (1.49%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Caffeine: 16.25mg (5.42%), Protein: 6.14g (12.27%), Manganese: 0.7mg (35.18%), Fiber: 5.54g (22.15%), Vitamin C: 15.78mg (19.13%), Selenium: 12.7µg (18.15%), Vitamin A: 860.67IU (17.21%), Copper: 0.32mg (16.07%), Phosphorus: 142.34mg (14.23%), Magnesium: 51.82mg (12.96%), Iron: 2.12mg (11.8%), Vitamin E: 1.54mg (10.29%), Vitamin B2: 0.17mg (10.16%), Zinc: 1.21mg (8.05%), Folate: 31.57µg (7.89%), Vitamin B5: 0.77mg (7.66%), Vitamin K: 7.9µg (7.53%), Vitamin D: 1.11µg (7.37%), Potassium: 255.64mg (7.3%), Calcium: 61.44mg (6.14%), Vitamin B12: 0.36µg (5.97%), Vitamin B6: 0.1mg (4.81%), Vitamin B1: 0.05mg (3.42%), Vitamin B3: 0.6mg (3.02%)