



WHATSheATE



Heavenly Molten Fudge Cakes



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



615 kcal

DESSERT

Ingredients

- ☐ 5 ounces baker's chocolate chopped
- ☐ 0.5 cup butter
- ☐ 21 ounces cherry pie filling canned
- ☐ 3 egg yolk
- ☐ 3 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups powdered sugar
- ☐ 6 servings powdered sugar

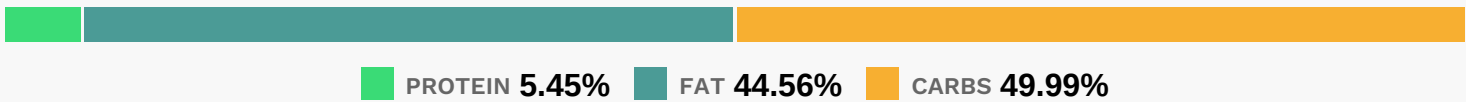
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat oven to 450F. Grease bottom and side of six 6-ounce custard cups with shortening. In 2-quart saucepan, melt chocolate and butter over low heat, stirring frequently. Cool slightly.
- ☐ Meanwhile, in large bowl, beat eggs and egg yolks with wire whisk or hand beater until well blended. Beat in 1 1/2 cups powdered sugar. Beat in melted chocolate mixture and flour. Divide batter evenly among custard cups.
- ☐ Bake 11 to 13 minutes or until sides are set and cakes feel soft when touched in center. Run small knife or metal spatula along sides of cakes to loosen. Immediately turn upside down onto individual plates; remove cups.
- ☐ Sprinkle with additional powdered sugar. Top with pie filling.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:5.75, Inflammation Score:-8, Nutrition Score:15.717826128006%

Flavonoids

Catechin: 15.2mg, Catechin: 15.2mg, Catechin: 15.2mg, Catechin: 15.2mg Epicatechin: 33.51mg, Epicatechin: 33.51mg, Epicatechin: 33.51mg, Epicatechin: 33.51mg

Nutrients (% of daily need)

Calories: 614.65kcal (30.73%), Fat: 32.23g (49.59%), Saturated Fat: 12.38g (77.4%), Carbohydrates: 81.36g (27.12%), Net Carbohydrates: 76.56g (27.84%), Sugar: 37.54g (41.71%), Cholesterol: 179.04mg (59.68%), Sodium: 238.44mg (10.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.9mg (6.3%), Protein: 8.86g (17.73%), Manganese: 1.1mg (54.89%), Copper: 0.88mg (44.18%), Iron: 5.49mg (30.48%), Selenium: 17.86µg (25.52%), Vitamin A: 1128.64IU (22.57%), Magnesium: 90.15mg (22.54%), Phosphorus: 203.64mg (20.36%), Zinc: 2.89mg (19.28%), Fiber: 4.8g (19.19%), Vitamin B2: 0.25mg (14.9%), Folate: 53.32µg (13.33%), Vitamin B1: 0.17mg (11.19%), Potassium: 360.29mg (10.29%), Vitamin B5: 0.77mg (7.7%), Vitamin E: 1.15mg (7.67%), Calcium: 66.32mg (6.63%), Vitamin B12: 0.39µg (6.5%), Vitamin D: 0.93µg (6.17%), Vitamin B6: 0.12mg (5.91%), Vitamin B3: 1.1mg (5.49%), Vitamin C: 3.61mg (4.38%), Vitamin K: 2.45µg (2.34%)