Hot Chocolate Cake

READY IN	SERVINGS	CALORIES
45 min.	8	421 kcal

DESSERT

Ingredients

- [ ] 1 large egg yolk
- [ ] 4 large eggs
- [ ] 3 tablespoons flour for dusting all-purpose
- [ ] 0.5 cup marshmallows mini
- [ ] 0.3 teaspoon salt
- [ ] 10 ounces bittersweet chocolate coarsely chopped
- [ ] 0.5 cup sugar for dusting
- [ ] 8 tablespoons butter unsalted for coating (1 stick)
- [ ] 2 tablespoons cocoa powder unsweetened

- [ ] 1 teaspoon vanilla extract

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] ladle
- [ ] oven
- [ ] blender
- [ ] ramekin
- [ ] springform pan

Directions

- [ ] Preheat oven to 375 F. Generously butter, flour, and sugar eight 6-ounce coffee cups or mugs made of ovenproof stoneware (see tip below). Wipe the rims clean.
- [ ] Place the 8 tablespoons of butter and the chocolate in a medium heatproof bowl over a pan of simmering water and melt, stirring once or twice until smooth.
- [ ] Remove from heat and let cool 5 minutes. Using a handheld mixer, beat the eggs, yolk, vanilla, salt, and 1/2 cup sugar at the highest speed until the volume doubles and the mixture becomes foamy, about 5 minutes. Stir the 3 tablespoons of flour into the chocolate, then gradually add it to the egg mixture, beating on low until it's fully incorporated. Ladle the batter into each cup until it's about 1/2 inch from the rim.
- [ ] Bake until the cakes puff and begin to crack but the centers are still a bit runny, 13 to 17 minutes.
- [ ] Remove from oven.
- [ ] Sprinkle with marshmallows, then return to oven for 2 to 4 minutes, until the marshmallow tops begin to crisp.
- [ ] Remove from oven; let cool about 5 minutes. Sift the cocoa on top. Tip: You can bake these individual cakes in coffee mugs or teacups, or use eight 6-ounce ramekins. (To determine if your mugs are ovenproof, refer to the packaging or check with the manufacturer.) Alternatively, a single cake can be made in a 10-inch springform pan or pie plate with enough regular-size marshmallows to cover. To do this, increase the initial baking time to 22 to 25 minutes or, if you prefer a more gooey center, to 17 to 20 minutes.

Nutrition Facts

PROTEIN **5.98%** FAT **59.46%** CARBS **34.56%**

Properties

Glycemic Index:25.7, Glycemic Load:11.81, Inflammation Score:-5, Nutrition Score:9.5778261474941%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 420.74kcal (21.04%), Fat: 28.12g (43.26%), Saturated Fat: 16.09g (100.57%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 33.39g (12.14%), Sugar: 27.49g (30.54%), Cholesterol: 148.18mg (49.39%), Sodium: 117.26mg (5.1%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 33.35mg (11.12%), Protein: 6.37g (12.74%), Manganese: 0.55mg (27.37%), Copper: 0.52mg (25.99%), Selenium: 13.24µg (18.92%), Magnesium: 72.74mg (18.18%), Iron: 3.06mg (16.98%), Phosphorus: 165.78mg (16.58%), Fiber: 3.38g (13.51%), Vitamin A: 533.22IU (10.66%), Vitamin B2: 0.17mg (9.85%), Zinc: 1.43mg (9.54%), Potassium: 264.27mg (7.55%), Vitamin B12: 0.35µg (5.86%), Vitamin B5: 0.58mg (5.84%), Vitamin E: 0.85mg (5.69%), Vitamin D: 0.82µg (5.5%), Folate: 20.85µg (5.21%), Calcium: 44.41mg (4.44%), Vitamin K: 3.66µg (3.49%), Vitamin B6: 0.07mg (3.27%), Vitamin B1: 0.05mg (3.26%), Vitamin B3: 0.52mg (2.6%)