



Hot Chocolate Fudge Cakes

READY IN



45 min.

SERVINGS



10

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.7 cup brown sugar packed
- ☐ 2.6 ounce chocolate bar dark 71% finely chopped (cocoa) (such as Valrhona Le Noir Amer)
- ☐ 1 cup egg substitute
- ☐ 0.8 cup flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 5 teaspoons espresso powder instant
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup butter unsalted softened
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract

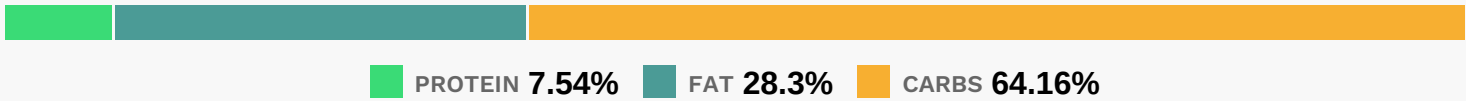
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, cocoa, espresso powder, baking powder, and salt.
- ☐ Place butter in a large bowl; beat with a mixer at medium speed 1 minute.
- ☐ Add granulated and brown sugars, beating until well blended (about 5 minutes).
- ☐ Add egg substitute and vanilla, beating until well blended. Fold flour mixture into sugar mixture; fold in chocolate. Divide batter evenly among 10 (4-ounce) ramekins; arrange ramekins on a jelly-roll pan. Cover and refrigerate 4 hours or up to 2 days.
- ☐ Preheat oven to 350
- ☐ Let ramekins stand at room temperature 10 minutes. Uncover and bake at 350 for 21 minutes or until cakes are puffy and slightly crusty on top.
- ☐ Sprinkle evenly with powdered sugar; serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:15.23, Inflammation Score:-4, Nutrition Score:8.0743478031262%

Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 260.59kcal (13.03%), Fat: 8.67g (13.34%), Saturated Fat: 5.2g (32.49%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 41.05g (14.93%), Sugar: 31.55g (35.06%), Cholesterol: 12.42mg (4.14%), Sodium: 177.5mg (7.72%), Alcohol: 0.21g (100%), Alcohol %: 0.31% (100%), Caffeine: 34.78mg (11.59%), Protein: 5.19g (10.39%), Manganese: 0.45mg (22.47%), Selenium: 14.8µg (21.14%), Copper: 0.38mg (18.82%), Iron: 2.79mg (15.48%), Magnesium: 54.38mg (13.6%), Fiber: 3.18g (12.72%), Phosphorus: 108.84mg (10.88%), Vitamin B2: 0.16mg (9.66%), Calcium: 81.39mg (8.14%), Vitamin B1: 0.11mg (7.32%), Potassium: 240.89mg (6.88%), Zinc: 0.95mg (6.33%), Folate: 23.15µg (5.79%), Vitamin B5: 0.51mg (5.11%), Vitamin B3: 0.95mg (4.76%), Vitamin A: 198.69IU (3.97%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.47µg (3.13%), Vitamin B6: 0.05mg (2.6%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.16µg (1.11%)