



Hot Chocolate Souffles

READY IN



35 min.

SERVINGS



12

CALORIES



403 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter cubed
- 8 ounces bittersweet chocolate chopped
- 4 large eggs
- 4 large egg yolk
- 1.5 cups sugar
- 2 tablespoons flour all-purpose
- 0.1 teaspoon double-acting baking powder
- 1 cup marshmallows miniature
- 4.5 teaspoons cinnamon

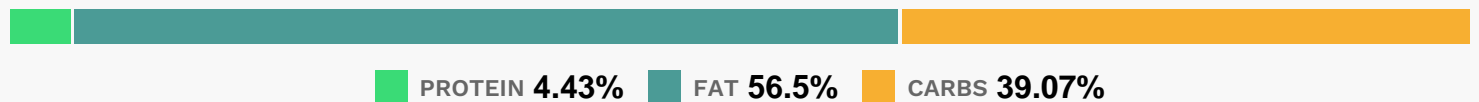
Equipment

- bowl
- oven
- ramekin
- microwave

Directions

- Grease the bottoms only of twelve 6-oz. ramekins or custard cups; set aside. In a large microwave, melt butter and chocolate; stir until smooth. Set aside.
- In a large bowl, beat eggs and yolks on high speed for 3 minutes or until light and fluffy. Gradually add sugar, beating until thick and lemon-colored, about 5 minutes. Beat in chocolate mixture.
- Combine flour and baking powder; beat into egg mixture just until combined.
- Fill prepared ramekins half full; sprinkle with marshmallows.
- Bake at 400° for 12-15 minutes or until the top is puffed and center appears set.
- Sprinkle with cinnamon-sugar; serve immediately. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:20.22, Inflammation Score:-4, Nutrition Score:6.814782594776%

Nutrients (% of daily need)

Calories: 403.07kcal (20.15%), Fat: 25.78g (39.66%), Saturated Fat: 14.96g (93.48%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 38.15g (13.87%), Sugar: 34.41g (38.24%), Cholesterol: 165mg (55%), Sodium: 158.01mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 4.55g (9.11%), Manganese: 0.4mg (19.95%), Selenium: 10.73µg (15.34%), Copper: 0.26mg (13.12%), Vitamin A: 656.1IU (13.12%), Phosphorus: 111.86mg (11.19%), Iron: 1.79mg (9.95%), Magnesium: 36.74mg (9.19%), Vitamin B2: 0.13mg (7.83%), Fiber: 1.95g (7.79%), Zinc: 0.89mg (5.93%), Vitamin E: 0.89mg (5.93%), Vitamin B12: 0.32µg (5.42%), Vitamin B5: 0.51mg (5.11%), Folate: 19.05µg (4.76%), Calcium: 43.43mg (4.34%), Vitamin D: 0.64µg (4.26%), Potassium: 146.16mg (4.18%), Vitamin K: 3.01µg (2.87%), Vitamin B6: 0.06mg (2.85%), Vitamin B1: 0.03mg (2.24%), Vitamin B3: 0.27mg (1.34%)