



Hot chocolate soufflés with chocolate cream sauce



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



558 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 142 ml pot single cream
- ☐ 25 g caster sugar
- ☐ 100 g chocolate dark 70% (cocoa)
- ☐ 25 g butter
- ☐ 6 servings butter melted for greasing
- ☐ 50 g caster sugar
- ☐ 175 g chocolate dark 70% (cocoa)

- ☐ 2 tbsp double cream
- ☐ 4 egg yolks
- ☐ 5 egg whites
- ☐ 6 servings icing sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/fan 200C/gas 7 and place a baking tray on the top shelf. For the sauce, heat the cream and sugar until boiling.
- ☐ Remove from the heat, stir in the chocolate and butter until melted, then keep warm.
- ☐ Brush 6 x 150ml ramekins with melted butter, sprinkle with the 2 tbsp caster sugar, then tip out any excess. Melt the chocolate and cream in a bowl over a pan of simmering water, cool, then mix in the egg yolks.
- ☐ Whisk the egg whites until they hold their shape, then add the sugar, 1 tbsp at a time, whisking back to the same consistency.
- ☐ Mix a spoonful into the chocolate, then gently fold in the rest.
- ☐ Working quickly, fill the ramekins, wipe the rims clean and run your thumb around the edges. Turn oven down to 200C/fan 180C/gas 6, place the ramekins onto the baking tray, then bake for 8–10 mins until risen with a slight wobble. Dont open the oven door too early as this may make them collapse.
- ☐ Once the souffls are ready, dust with icing sugar, scoop a small hole from their tops, then pour in some of the hot chocolate sauce. Replace the lids and serve straight away.

Nutrition Facts



 PROTEIN 6.36%  FAT 63.1%  CARBS 30.54%

Properties

Glycemic Index:47.7, Glycemic Load:12.42, Inflammation Score:-6, Nutrition Score:13.780869523468%

Nutrients (% of daily need)

Calories: 557.5kcal (27.88%), Fat: 39.43g (60.66%), Saturated Fat: 22.85g (142.84%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 37.94g (13.8%), Sugar: 31.72g (35.24%), Cholesterol: 182.87mg (60.96%), Sodium: 125.13mg (5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.67mg (12.22%), Protein: 8.94g (17.88%), Manganese: 0.9mg (45.16%), Copper: 0.83mg (41.4%), Iron: 5.83mg (32.37%), Magnesium: 110.06mg (27.51%), Selenium: 15.32µg (21.89%), Phosphorus: 211.4mg (21.14%), Fiber: 5g (19.98%), Vitamin B2: 0.26mg (15.01%), Vitamin A: 735.68IU (14.71%), Zinc: 1.88mg (12.55%), Potassium: 412.09mg (11.77%), Vitamin B12: 0.46µg (7.6%), Calcium: 72.89mg (7.29%), Vitamin E: 1.05mg (6.99%), Vitamin B5: 0.68mg (6.83%), Vitamin D: 0.87µg (5.81%), Folate: 19.95µg (4.99%), Vitamin K: 4.88µg (4.64%), Vitamin B6: 0.07mg (3.47%), Vitamin B1: 0.04mg (2.99%), Vitamin B3: 0.53mg (2.65%)