



Hot Cocoa

READY IN



50 min.

SERVINGS



12

CALORIES



311 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup cocoa powder
- 2 eggs
- 1.7 cups flour all-purpose
- 1 cup heavy cream
- 0.8 cup milk
- 0.8 teaspoon salt
- 1 tablespoon sugar canned

- 1.5 cups sugar
- 0.5 tablespoon vanilla extract pure
- 0.3 cup vegetable oil
- 0.8 cups very water hot

Equipment

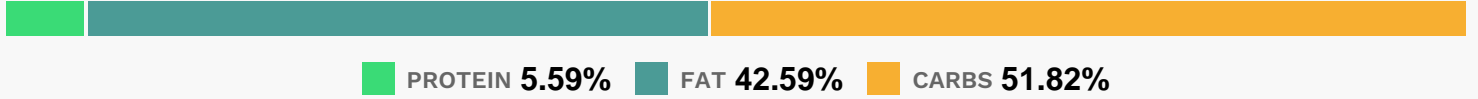
- bowl
- frying pan
- oven
- whisk
- blender
- hand mixer
- toothpicks
- cake form

Directions

- Special equipment: 6 fairly heavy China coffee cups
- Make the Cake: Preheat the oven to 350 degrees F.
- Sift together the sugar, flour, cocoa, baking powder, baking soda, and salt.
- Transfer to a standing mixer fitted with a whisk attachment (or use a hand mixer) and blend briefly.
- Whisk together the eggs, milk, oil, and vanilla in a medium bowl.
- Add to the dry ingredients and mix at low speed for 5 minutes. Gradually add the hot water, mixing at low speed until just combined. The batter will be quite thin.
- Pour the batter into coffee cups and arrange them 1-inch apart on a sheet pan or a rectangular cake pan.
- Bake until a toothpick inserted in the center comes out clean (a few crumbs are okay), and the center feels firm to the touch, about 25 to 30 minutes.
- Let the cakes cool on the pan. (Don't remove the cakes from the cups!)

- Meanwhile, make the Topping: In a chilled bowl, combine the cream and sugar and whip, using a hand-mixer, until soft peaks form.
- When ready to serve, spoon the topping over the cakes to cover, so they look like a cups of cocoa topped with whipped cream.
- Serve with a spoon.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:27.35, Inflammation Score:-4, Nutrition Score:6.5891303659781%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 310.78kcal (15.54%), Fat: 15.23g (23.42%), Saturated Fat: 6.37g (39.79%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.89g (14.51%), Sugar: 26.5g (29.44%), Cholesterol: 51.81mg (17.27%), Sodium: 200.71mg (8.73%), Alcohol: 0.19g (100%), Alcohol %: 0.21% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.5g (8.99%), Selenium: 9.69µg (13.84%), Manganese: 0.26mg (13.07%), Vitamin K: 11.99µg (11.42%), Vitamin B2: 0.19mg (11.28%), Vitamin B1: 0.15mg (10.31%), Folate: 37.17µg (9.29%), Phosphorus: 88.67mg (8.87%), Copper: 0.17mg (8.65%), Iron: 1.48mg (8.2%), Fiber: 1.79g (7.18%), Vitamin A: 358.42IU (7.17%), Magnesium: 26.08mg (6.52%), Vitamin B3: 1.14mg (5.7%), Vitamin E: 0.78mg (5.19%), Calcium: 49.26mg (4.93%), Vitamin D: 0.63µg (4.22%), Zinc: 0.58mg (3.84%), Potassium: 126.78mg (3.62%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.18µg (3.01%), Vitamin B6: 0.04mg (2.04%)