



Idahoan Molten Lava Cakes



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate
- ☐ 4 eggs
- ☐ 1 teaspoon espresso powder instant
- ☐ 0.3 cup boxed original potatoes dry mashed idahoan®
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces bittersweet chocolate
- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted cut into small pieces

- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

Equipment

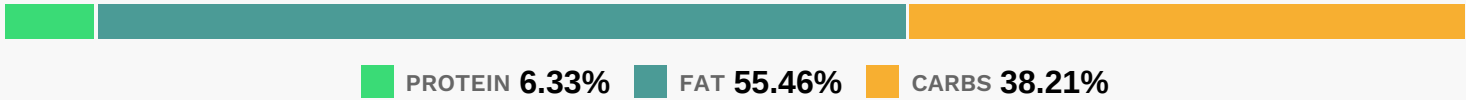
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ ramekin
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Liberally spray six 6 oz ramekins with nonstick cooking spray and place on a baking sheet.
- ☐ In a double boiler, melt the chocolate and butter.
- ☐ Alternative: Use a medium size stainless bowl that sits on top of a small saucepan (with water in saucepan) if you do not have a double boiler. Do not let any water get into the melting chocolate.
- ☐ Remove from heat and cool.
- ☐ In a large mixing bowl beat eggs with hand mixer for several minutes and thoroughly foamy.
- ☐ Add sugar, dry mashed potatoes, cocoa powder, vanilla extract, espresso powder and salt. Beat a couple of minutes to mix.
- ☐ Add the melted chocolate mixture and beat for five minutes. This recipe works best if lots of air is incorporated into the mixture to make the cakes light and airy.
- ☐ Pour into ramekins. DO NOT under bake or over bake the cakes.
- ☐ Bake for 15 to 17 minutes. Keep your eye on them; you want them to be molten (a bit soft in the middle), but not too much.

- ☐
- Let them rest a few minutes before serving. The center may sink a little – don't worry.
- ☐
- Run a thin knife around the inside edge to help release the cakes.
- ☐
- Top with powdered sugar and whip cream.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:12.75, Inflammation Score:-4, Nutrition Score:9.6617392146069%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 405.85kcal (20.29%), Fat: 25.12g (38.64%), Saturated Fat: 14.17g (88.59%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 35.41g (12.88%), Sugar: 30.88g (34.31%), Cholesterol: 131.72mg (43.91%), Sodium: 241.31mg (10.49%), Alcohol: 0.46g (100%), Alcohol %: 0.55% (100%), Caffeine: 39.66mg (13.22%), Protein: 6.45g (12.9%), Manganese: 0.56mg (28.09%), Copper: 0.54mg (26.9%), Magnesium: 77.12mg (19.28%), Selenium: 12.54µg (17.92%), Iron: 3.11mg (17.26%), Phosphorus: 170.32mg (17.03%), Fiber: 3.52g (14.1%), Zinc: 1.47mg (9.83%), Vitamin B2: 0.17mg (9.72%), Potassium: 314.82mg (8.99%), Vitamin A: 413.84IU (8.28%), Vitamin B5: 0.6mg (6.02%), Vitamin B12: 0.35µg (5.75%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.73µg (4.86%), Vitamin B6: 0.09mg (4.51%), Calcium: 44.92mg (4.49%), Folate: 15.74µg (3.93%), Vitamin K: 3.66µg (3.49%), Vitamin B3: 0.51mg (2.53%), Vitamin B1: 0.03mg (2.14%), Vitamin C: 1.72mg (2.09%)