



Individual Chocolate Indulgence Cake

READY IN



42 min.

SERVINGS



4

CALORIES



1323 kcal

DESSERT

Ingredients

- 1 cup bittersweet chocolate
- 10.5 ounces bittersweet chocolate chopped
- 2 eggs
- 0.3 cup flour all-purpose
- 0.5 cup heavy cream
- 4 servings raspberries fresh
- 4 servings raspberry sauce
- 0.3 cups sugar
- 0.3 cup sugar

- 2 tablespoons butter unsalted
- 6 tablespoons butter unsalted
- 1 cup milk whole

Equipment

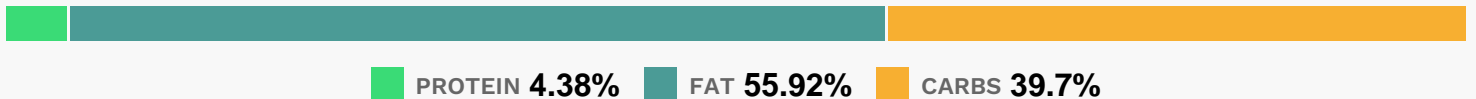
- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- ramekin
- double boiler
- stove
- microwave

Directions

- Preheat the oven to 400 degrees F.
- In the top of a double boiler, melt the chocolate, then add the butter and sugar until just melted.
- Add eggs and whisk until well combined; add flour and mix only until combined. Do not overmix or the cake will be rubbery. Lightly grease four 4-ounce disposable aluminum cups, muffin molds, or ramekins with vegetable baking spray. Distribute batter among the four molds.
- Place molds on a sheet pan and bake for 10 to 12 minutes. Do not overbake.
- Pour the milk into a 2-quart heavy-bottomed saucepan, place over medium-high heat, and bring to a boil. When it boils, remove the milk from the heat and make a ganache by adding the chopped chocolate.
- Whisk well, stirring into the edge of the saucepan to combine. The ganache should be homogenous and smooth. Set the ganache aside.

- In a 1-quart heavy-bottomed saucepan, combine the heavy cream, butter, and sugar.
- Place the saucepan over medium-high heat and bring to a boil, stirring occasionally. The butter should be completely melted and the sugar completely dissolved. Once the mixture has come to a boil, pour it into the warm ganache.
- Place the sauce over medium-high heat and bring to a boil, stirring constantly with a whisk. As the chocolate sauce cooks, it will begin to thicken slightly. When it reaches a boil, remove it from the heat, and pour it into a clean, dry bowl. Cover by placing plastic wrap directly on top of the sauce to prevent a skin from forming.
- Let the chocolate sauce cool to room temperature before storing in the refrigerator. When cold, the sauce will become thick enough to be scooped with a spoon.
- Invert molds onto individual serving plates. If you would like to decorate the plate, do so with fresh raspberries or fruit or chocolate sauce, and serve immediately.
- The sauce can be reheated whenever needed. If using a microwave, simply place the chocolate sauce in a microwaveable bowl and heat it at medium-high power in 30-second intervals until it becomes liquid. On the stovetop, place in a heavy-bottomed saucepan over medium heat and stir occasionally until it becomes liquid. If you store it in a squeeze bottle, you can easily drizzle it over a dessert or decorate a plate. It will keep in the refrigerator for up to three weeks. It can also be frozen for up to two months if stored in an airtight container. Thaw in the refrigerator and heat as described above until liquid.

Nutrition Facts



Properties

Glycemic Index:69.8, Glycemic Load:26.6, Inflammation Score:-9, Nutrition Score:29.771739088971%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg

Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 1322.61kcal (66.13%), Fat: 83.36g (128.25%), Saturated Fat: 49.11g (306.92%), Carbohydrates: 133.16g (44.39%), Net Carbohydrates: 119.33g (43.39%), Sugar: 89.47g (99.42%), Cholesterol: 190.07mg (63.36%), Sodium: 86.38mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 101.62mg (33.87%), Protein: 14.69g (29.38%), Manganese: 2.1mg (104.78%), Copper: 1.58mg (78.92%), Magnesium: 237.02mg (59.25%), Fiber: 13.83g (55.32%), Iron: 8.79mg (48.81%), Phosphorus: 464.12mg (46.41%), Selenium: 22.26µg (31.8%), Vitamin A: 1440.39IU (28.81%), Zinc: 4.09mg (27.3%), Potassium: 945.77mg (27.02%), Vitamin C: 21.1mg (25.58%), Vitamin B2: 0.38mg (22.6%), Calcium: 205.71mg (20.57%), Vitamin E: 2.45mg (16.31%), Vitamin K: 16.64µg (15.85%), Vitamin B12: 0.83µg (13.89%), Vitamin D: 2.01µg (13.38%), Vitamin B5: 1.28mg (12.76%), Vitamin B1: 0.17mg (11.52%), Folate: 41.55µg (10.39%), Vitamin B3: 1.98mg (9.91%), Vitamin B6: 0.17mg (8.35%)