



# Individual Chocolate Lava Cakes with Caramel Sauce

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



916 kcal

DESSERT

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 cup butter melted
- 0.3 cup plus light
- 1 egg yolk
- 4 eggs
- 0.8 cup flour all-purpose
- 0.8 cup granulated sugar

- 2 cups brown sugar light packed
- 1 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla
- 1 tablespoon vanilla
- 3 tablespoons water
- 0.5 cup whipping cream (heavy)

## Equipment

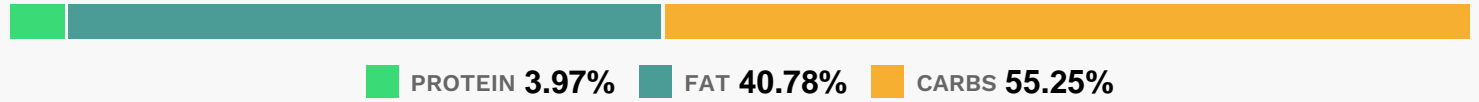
- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- ramekin
- hand mixer

## Directions

- Butter six 8-ounce ramekins and dust with sugar; set aside.
- In medium bowl, beat butter, brown sugar, eggs, egg yolk and 1 tablespoon vanilla with electric mixer on medium speed 2 minutes or until smooth. In another medium bowl, mix flour, cocoa and baking powder.
- Add to butter mixture and beat on low speed about 1 minute until smooth.
- Divide batter equally among ramekins. Cover with plastic wrap and refrigerate 1 hour.
- In 2-quart saucepan, heat granulated sugar, corn syrup and water to boiling over medium heat. Boil uncovered 15 minutes or until mixture turns deep golden brown.
- Add whipping cream and stir until smooth.
- Remove from heat and add 1/2 teaspoon vanilla. Cool to room temperature before serving, about 45 minutes.
- Heat oven to 350F.
- Place ramekins in two 13x9-inch pans or pan with low sides.

- Bake 25 to 30 minutes or until outside edges are firm and centers are still soft and creamy. Do not overbake.
- Place ramekins on serving plates. Split center of each cake and pour about 2 tablespoons sauce inside each.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:51.02, Glycemic Load:29.11, Inflammation Score:-8, Nutrition Score:15.226521767352%

### Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

### Nutrients (% of daily need)

Calories: 916.12kcal (45.81%), Fat: 43.66g (67.17%), Saturated Fat: 26.39g (164.96%), Carbohydrates: 133.11g (44.37%), Net Carbohydrates: 127.38g (46.32%), Sugar: 111.97g (124.41%), Cholesterol: 245.27mg (81.76%), Sodium: 434.17mg (18.88%), Alcohol: 0.86g (100%), Alcohol %: 0.44% (100%), Caffeine: 32.97mg (10.99%), Protein: 9.57g (19.14%), Manganese: 0.72mg (36.02%), Copper: 0.63mg (31.53%), Selenium: 20.17µg (28.81%), Vitamin A: 1438.67IU (28.77%), Phosphorus: 237.44mg (23.74%), Fiber: 5.73g (22.91%), Iron: 3.99mg (22.15%), Magnesium: 88.21mg (22.05%), Vitamin B2: 0.32mg (18.76%), Calcium: 186mg (18.6%), Folate: 54.01µg (13.5%), Potassium: 408.38mg (11.67%), Zinc: 1.73mg (11.51%), Vitamin B1: 0.17mg (11.21%), Vitamin E: 1.47mg (9.8%), Vitamin B5: 0.83mg (8.34%), Vitamin D: 1.07µg (7.11%), Vitamin B12: 0.42µg (6.93%), Vitamin B3: 1.38mg (6.89%), Vitamin B6: 0.12mg (6.15%), Vitamin K: 3.8µg (3.62%)