



WHATSheATE



Individual Chocolate Melting Cakes

READY IN



45 min.

SERVINGS



8

CALORIES



609 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 10 ounces bittersweet chocolate chopped
- ☐ 8 servings mrs richardson's butterscotch caramel sauce
- ☐ 5 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 8 servings whipped cream
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 4 tablespoons butter unsalted

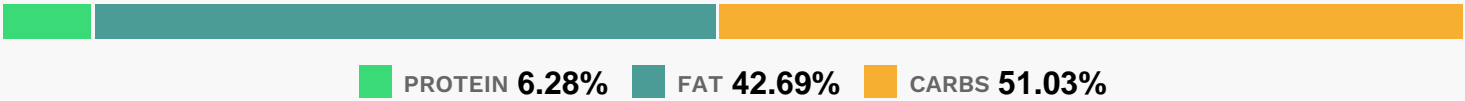
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Heat oven to 325 F. Lightly coat a 12-cup muffin tin with vegetable cooking spray.
- ☐ Melt the chocolate and butter in a large bowl over a saucepan of simmering water.
- ☐ Remove from heat. In another large bowl, beat the eggs and sugar at medium-high speed until light and fluffy.
- ☐ Add the flour, baking powder, salt, and melted chocolate.
- ☐ Mix with a spoon until well blended.
- ☐ Divide the batter evenly into 8 muffin tins and bake until the cakes have just cooked through, about 15 minutes. The cakes will still look a bit moist on top.
- ☐ Remove from the oven and let cool 5 minutes.
- ☐ Serve warm with the caramel sauce and ice cream.

Nutrition Facts



Properties

Glycemic Index:37.26, Glycemic Load:24.61, Inflammation Score:-6, Nutrition Score:13.098695547684%

Nutrients (% of daily need)

Calories: 608.89kcal (30.44%), Fat: 29.28g (45.05%), Saturated Fat: 16.76g (104.77%), Carbohydrates: 78.75g (26.25%), Net Carbohydrates: 75.14g (27.32%), Sugar: 62.41g (69.35%), Cholesterol: 148.52mg (49.51%), Sodium: 348.76mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 30.48mg (10.16%), Protein: 9.7g (19.4%), Manganese: 0.58mg (29.17%), Phosphorus: 262.25mg (26.23%), Copper: 0.5mg (24.81%), Selenium: 17.25µg (24.64%), Vitamin B2: 0.36mg (21.42%), Magnesium: 79.83mg (19.96%), Iron: 3.41mg (18.97%), Calcium: 189.11mg (18.91%), Fiber: 3.61g (14.46%), Vitamin A: 655.01IU (13.1%), Zinc: 1.84mg (12.26%), Potassium: 411.24mg (11.75%),

Vitamin B12: 0.65µg (10.83%), Vitamin B5: 1.03mg (10.34%), Folate: 38.68µg (9.67%), Vitamin B1: 0.14mg (9.45%),
Vitamin E: 0.89mg (5.9%), Vitamin B3: 1.09mg (5.44%), Vitamin D: 0.79µg (5.25%), Vitamin B6: 0.1mg (4.79%),
Vitamin K: 3.36µg (3.2%)