



Individual Chocolate Mousse Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 5 ounces bittersweet chocolate finely chopped
- ☐ 1 tablespoon rum dark
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 1.3 cups sugar divided
- ☐ 0.5 cup cocoa unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup water

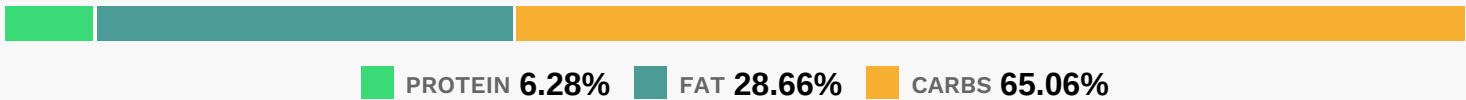
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine 3/4 cup sugar, cocoa, flour, and salt in a small saucepan.
- ☐ Add water; stir well with a whisk. Bring to a simmer over medium heat; cook 2 minutes, stirring constantly.
- ☐ Place chopped chocolate in a large bowl.
- ☐ Pour hot cocoa mixture over chocolate; stir until chocolate melts. Stir in the rum and vanilla.
- ☐ Place 1/2 cup sugar, eggs, and egg white in a bowl; beat with a mixer at high speed for 6 minutes. Gently fold the egg mixture into chocolate mixture.
- ☐ Divide chocolate mixture evenly among 10 (4-ounce) ramekins coated with cooking spray.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 25 minutes or until puffy and set.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:18.28, Inflammation Score:-3, Nutrition Score:5.2417391849601%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 214.22kcal (10.71%), Fat: 7.07g (10.88%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 33.35g (12.13%), Sugar: 30.34g (33.72%), Cholesterol: 38.05mg (12.68%), Sodium: 52.29mg (2.27%), Alcohol: 0.64g (100%), Alcohol %: 1.04% (100%), Caffeine: 22.08mg (7.36%), Protein: 3.49g (6.97%), Manganese: 0.37mg (18.42%), Copper: 0.36mg (17.76%), Magnesium: 48.52mg (12.13%), Fiber: 2.77g (11.06%), Iron: 1.75mg (9.75%), Phosphorus: 90.42mg (9.04%), Selenium: 6.19µg (8.85%), Zinc: 0.81mg (5.43%), Vitamin B2: 0.09mg (5.3%), Potassium: 167.64mg (4.79%), Folate: 8.95µg (2.24%), Vitamin B5: 0.22mg (2.2%), Calcium: 21.19mg (2.12%), Vitamin B12: 0.12µg (1.96%), Vitamin B1: 0.02mg (1.6%), Vitamin B3: 0.31mg (1.57%), Vitamin B6: 0.03mg (1.39%), Vitamin D: 0.2µg (1.33%), Vitamin E: 0.19mg (1.29%), Vitamin A: 61.09IU (1.22%), Vitamin K: 1.16µg (1.11%)