



Individual Chocolate-Peppermint Lava Cakes

READY IN

ready

90 min.

SERVINGS

servings

6

CALORIES

calories

456 kcal

DESSERT

Ingredients

- ☐ 3.5 ounce ghirardelli peppermint bark baking bar
- ☐ 0.7 cup cacao bittersweet chocolate baking chips 60% ghirardelli®
- ☐ 0.5 cup butter
- ☐ 0.3 cup cake flour
- ☐ 2 egg yolks
- ☐ 2 eggs
- ☐ 1 teaspoon peppermint extract
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons whipping cream

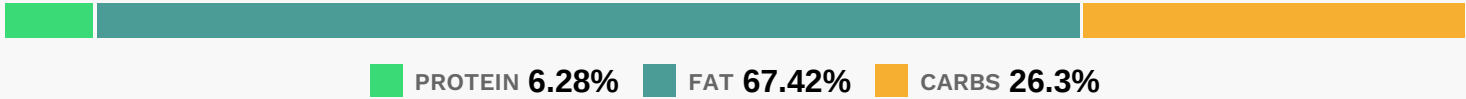
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ ramekin
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ For centers, in a saucepan, melt Ghirardelli® Peppermint Bark Baking Bar and cream over low heat.
- ☐ Remove from heat.
- ☐ Whisk gently to blend. Freeze for 1 hour or until firm. Form into 6 balls; refrigerate until needed.
- ☐ For cake, preheat oven to 400 degrees F. Spray six 6-ounce ramekins or custard cups with nonstick cooking spray; set aside. In a double boiler, melt Ghirardelli® 60% Cacao Bittersweet Chocolate Baking Chips and butter over low heat.
- ☐ Remove from heat.
- ☐ Whisk gently to blend.
- ☐ In a large bowl, beat eggs, egg yolks, sugar, and peppermint extract with an electric mixer on high speed for 5 minutes or until thick and light. Fold melted chocolate mixture and flour into egg mixture just until combined. Spoon cake batter into prepared ramekins. Gently press a chocolate ball into center of cake batter in each ramekin.
- ☐ Bake for 15 minutes or until cake is firm to the touch.
- ☐ Let ramekins stand on a wire rack for 5 minutes. Run a small, sharp knife around inside of each ramekin. One at a time, place a small plate on top of each ramekin, invert, and remove ramekin. If desired, top each cake with a small scoop of vanilla ice cream and finely chopped Ghirardelli® Peppermint Bark.

Nutrition Facts



Properties

Glycemic Index:31.18, Glycemic Load:10.21, Inflammation Score:-6, Nutrition Score:11.478695607704%

Flavonoids

Catechin: 10.64mg, Catechin: 10.64mg, Catechin: 10.64mg, Catechin: 10.64mg Epicatechin: 23.45mg, Epicatechin: 23.45mg, Epicatechin: 23.45mg, Epicatechin: 23.45mg

Nutrients (% of daily need)

Calories: 455.78kcal (22.79%), Fat: 36.09g (55.52%), Saturated Fat: 23.64g (147.77%), Carbohydrates: 31.67g (10.56%), Net Carbohydrates: 28.04g (10.2%), Sugar: 18.48g (20.53%), Cholesterol: 168.71mg (56.24%), Sodium: 173.01mg (7.52%), Alcohol: 0.23g (100%), Alcohol %: 0.29% (100%), Caffeine: 13.23mg (4.41%), Protein: 7.56g (15.13%), Manganese: 0.77mg (38.39%), Copper: 0.6mg (29.9%), Iron: 3.62mg (20.11%), Selenium: 12.79µg (18.27%), Zinc: 2.71mg (18.05%), Magnesium: 65.62mg (16.41%), Phosphorus: 157.77mg (15.78%), Vitamin A: 750.8IU (15.02%), Fiber: 3.63g (14.52%), Vitamin B2: 0.18mg (10.43%), Calcium: 103.71mg (10.37%), Potassium: 308.72mg (8.82%), Vitamin E: 1.22mg (8.12%), Folate: 27.07µg (6.77%), Vitamin B5: 0.64mg (6.45%), Vitamin B12: 0.35µg (5.79%), Vitamin D: 0.74µg (4.92%), Vitamin K: 4.81µg (4.58%), Vitamin B1: 0.07mg (4.49%), Vitamin B6: 0.08mg (4.08%), Vitamin B3: 0.51mg (2.56%)