



Joe's Molten Marshmallow-Chocolate Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

DESSERT

Ingredients

- ☐ 0.1 lb butter
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 6 large marshmallows
- ☐ 1.3 cups semi chocolate chips
- ☐ 0.5 teaspoon vanilla

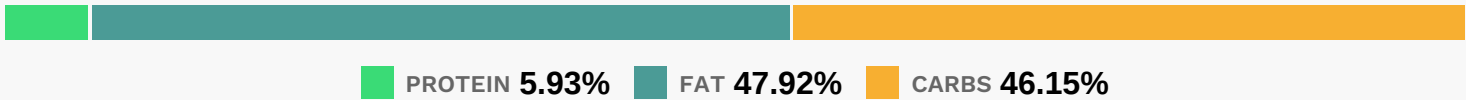
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin

Directions

- ☐ In a 3- to 4-quart pan over very low heat, stir chocolate chips and butter until melted and smooth.
- ☐ Remove from heat and whisk in granulated sugar, eggs, and vanilla until well blended. Stir in flour.
- ☐ Fill six buttered, floured ramekins (1/2-cup capacity; see notes) about halfway. Press a marshmallow into the center of the batter in each ramekin. Spoon remaining batter equally over marshmallows, completely covering.
- ☐ Bake in the center of a 350 regular or 325 convection oven until tops are puffed up and crackly, 12 to 15 minutes.
- ☐ Let cool about 10 minutes, then run a knife along inside of ramekins and invert to release cakes.
- ☐ Place right side up on plates.
- ☐ Sprinkle tops with powdered sugar, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:22.7, Inflammation Score:-5, Nutrition Score:10.834782704063%

Nutrients (% of daily need)

Calories: 465.02kcal (23.25%), Fat: 24.83g (38.19%), Saturated Fat: 14.23g (88.92%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 50.02g (18.19%), Sugar: 29.97g (33.3%), Cholesterol: 84.72mg (28.24%), Sodium: 94.59mg (4.11%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 34.4mg (11.47%), Protein: 6.91g (13.81%),

Manganese: 0.68mg (33.93%), Copper: 0.55mg (27.45%), Selenium: 15.82µg (22.6%), Iron: 3.81mg (21.17%),
Magnesium: 77.35mg (19.34%), Phosphorus: 162.35mg (16.23%), Fiber: 3.77g (15.08%), Vitamin B1: 0.18mg (12.24%),
Vitamin B2: 0.2mg (12.02%), Folate: 46.31µg (11.58%), Zinc: 1.43mg (9.56%), Vitamin B3: 1.59mg (7.94%), Potassium:
275.43mg (7.87%), Vitamin A: 346.15IU (6.92%), Vitamin B5: 0.48mg (4.78%), Vitamin E: 0.64mg (4.28%), Calcium:
39.88mg (3.99%), Vitamin B12: 0.24µg (3.94%), Vitamin K: 3.65µg (3.48%), Vitamin B6: 0.05mg (2.58%), Vitamin D:
0.33µg (2.22%)