



Marshmallow-Topped Chocolate Pudding Cakes

READY IN



33 min.

SERVINGS



15

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 5 ounces bittersweet chocolate finely chopped
- ☐ 2 large eggs
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 cup brown sugar light packed
- ☐ 4 marshmallows
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

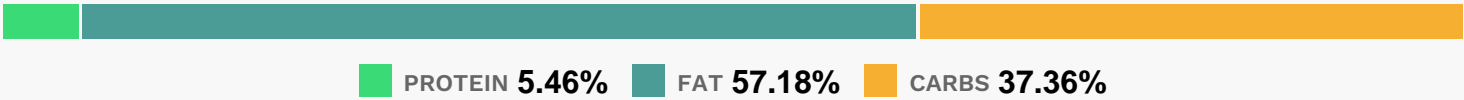
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ ramekin
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 375F. Mist 4 6-oz. ramekins with cooking spray and place on a baking sheet.
- ☐ Combine butter and chocolate in a large bowl and microwave on high until almost melted, 1 to 2 minutes. Stir until smooth and set aside to cool. Stir in flour.
- ☐ With an electric mixer on medium-high speed, beat sugar, eggs, vanilla and salt until lightened and smooth, about 5 minutes. Fold in chocolate mixture.
- ☐ Divide batter among ramekins; bake until cakes have risen and are cracked on top but still wet in centers, 12 to 15 minutes. Lightly press a marshmallow on top of each cake and bake until marshmallows have melted and begin to brown, 2 to 3 minutes longer.
- ☐ Place ramekins on a wire rack for 5 minutes to cool before serving.

Nutrition Facts



Properties

Glycemic Index:9.03, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:2.3630434689314%

Nutrients (% of daily need)

Calories: 114.38kcal (5.72%), Fat: 7.29g (11.22%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 9.95g (3.62%), Sugar: 8.16g (9.07%), Cholesterol: 33.39mg (11.13%), Sodium: 52.14mg (2.27%), Alcohol: 0.09g (100%), Alcohol %: 0.44% (100%), Caffeine: 8.13mg (2.71%), Protein: 1.57g (3.13%), Manganese: 0.14mg (6.78%), Copper: 0.13mg (6.41%), Selenium: 3.21µg (4.58%), Magnesium: 18.07mg (4.52%), Iron: 0.78mg

(4.34%), Phosphorus: 39.79mg (3.98%), Fiber: 0.78g (3.11%), Vitamin A: 134.02IU (2.68%), Vitamin B2: 0.04mg (2.37%), Zinc: 0.35mg (2.32%), Potassium: 69.85mg (2%), Vitamin B5: 0.14mg (1.43%), Vitamin E: 0.21mg (1.42%), Vitamin B12: 0.08µg (1.38%), Calcium: 13.75mg (1.38%), Vitamin D: 0.19µg (1.26%), Folate: 4.67µg (1.17%)