



Melting chocolate puddings

READY IN



60 min.

SERVINGS



6

CALORIES



604 kcal

DESSERT

Ingredients

- ☐ 6 servings cooking oil for brushing
- ☐ 85 g self raising flour
- ☐ 0.5 tsp double-acting baking powder
- ☐ 40 g cocoa powder
- ☐ 40 g almond flour
- ☐ 125 g butter softened
- ☐ 100 g brown sugar
- ☐ 2 eggs
- ☐ 6 chocolate

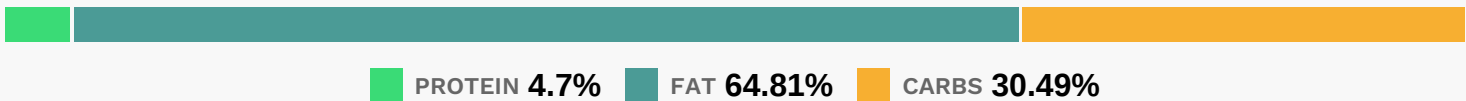
Equipment

- ☐ bowl
- ☐ oven
- ☐ wooden spoon
- ☐ muffin tray
- ☐ pastry brush

Directions

- ☐ Ask your grown-up helper to switch the oven on to 180C/160C fan/gas
- ☐ Use a pastry brush to brush the muffin tin or pudding moulds with oil.
- ☐ Sift the flour with the baking powder and cocoa into a bowl, then stir in the ground almonds.
- ☐ Beat the butter with the sugar using a wooden spoon or electric beaters.
- ☐ Add the eggs and flour mix, and beat everything together.
- ☐ Add 1 tbsp water if the mixture is too thick to fall off the spoon.
- ☐ Spoon the mixture into the tins or moulds and level the tops. Push a chocolate into the middle of each one but dont push it right to the bottom.
- ☐ Ask a grown-up to put the puds in the oven for 20–25 mins. Leave for 10 mins or until cool enough to handle, then carefully turn out onto plates.

Nutrition Facts



Properties

Glycemic Index:41.93, Glycemic Load:13.31, Inflammation Score:-6, Nutrition Score:10.093478182088%

Flavonoids

Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg Epicatechin: 13.1mg, Epicatechin: 13.1mg, Epicatechin: 13.1mg, Epicatechin: 13.1mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 603.61kcal (30.18%), Fat: 46.32g (71.25%), Saturated Fat: 18.63g (116.41%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 43.98g (15.99%), Sugar: 31.04g (34.49%), Cholesterol: 99.35mg (33.12%), Sodium: 206.25mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 33.81mg (11.27%), Protein: 7.55g (15.11%), Manganese: 0.52mg (26.06%), Copper: 0.46mg (22.88%), Vitamin E: 3.22mg (21.49%), Fiber: 5.05g (20.22%), Magnesium: 72.23mg (18.06%), Selenium: 12.27µg (17.53%), Phosphorus: 146.94mg (14.69%), Iron: 2.5mg (13.89%), Vitamin K: 13.46µg (12.82%), Vitamin A: 600.11IU (12%), Vitamin B2: 0.17mg (9.76%), Calcium: 80.95mg (8.09%), Zinc: 1.21mg (8.05%), Potassium: 244.18mg (6.98%), Folate: 15.33µg (3.83%), Vitamin B5: 0.37mg (3.69%), Vitamin B6: 0.06mg (2.88%), Vitamin B12: 0.17µg (2.77%), Vitamin B3: 0.51mg (2.56%), Vitamin D: 0.29µg (1.96%), Vitamin B1: 0.03mg (1.94%)