



Mexican Molten Chocolate Cakes

READY IN



55 min.

SERVINGS



4

CALORIES



539 kcal

DESSERT

Ingredients

- 1.5 teaspoons mexican cinnamon
- 2 large egg yolks
- 2 large eggs
- 1 tablespoon flour all-purpose
- 1 teaspoon pomegranate molasses
- 1 pinch salt
- 5 ounces bittersweet chocolate chopped (non-sweetened)
- 5 tablespoons sugar
- 4 tablespoons butter unsalted plus more for greasing

- 0.5 cup whipping cream chilled
- 1 tablespoon mescal
- 1 tablespoon mescal

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Generously butter four 3/4-cup souffle dishes or custard cups. Arrange on a baking sheet.
- Stir the chocolate and butter in heavy small saucepan over low heat until smooth.
- Remove from the heat; stir in the mescal. Cool 10 minutes, stirring occasionally.
- Using an electric mixer, beat the eggs, yolks, 4 tablespoons sugar, molasses, 1 teaspoon canela powder and salt in medium bowl until very thick ribbons fall when beaters are lifted, about 6 minutes. Sift the flour over the batter; fold in the flour. Fold in the chocolate mixture. Divide the batter among the prepared dishes, filling completely. (Can be made 1 day ahead. Cover loosely; refrigerate.
- Let stand at room temperature 30 minutes before baking.)
- Bake the cakes until the tops are puffed and dry and a tester inserted into the center comes out with moist batter still attached, about 15 minutes. Cool the cakes 5 minutes.
- Beat the cream, the remaining 1 tablespoon sugar and the remaining 1/2 teaspoon canela powder in small bowl until firm peaks form. Top the cakes with the whipped cream and serve warm.

Nutrition Facts



■ PROTEIN 5.77% ■ FAT 66.73% ■ CARBS 27.5%

Properties

Glycemic Index:37.52, Glycemic Load:11.52, Inflammation Score:-6, Nutrition Score:11.720434873%

Nutrients (% of daily need)

Calories: 538.72kcal (26.94%), Fat: 40.38g (62.12%), Saturated Fat: 23.44g (146.51%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 34.16g (12.42%), Sugar: 29.45g (32.72%), Cholesterol: 250.64mg (83.55%), Sodium: 62.65mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 30.48mg (10.16%), Protein: 7.86g (15.72%), Manganese: 0.63mg (31.32%), Selenium: 17.19µg (24.56%), Copper: 0.48mg (23.93%), Vitamin A: 1064.69IU (21.29%), Phosphorus: 197.91mg (19.79%), Magnesium: 69.02mg (17.25%), Iron: 3.1mg (17.21%), Vitamin B2: 0.25mg (14.68%), Fiber: 3.28g (13.14%), Vitamin D: 1.64µg (10.97%), Zinc: 1.57mg (10.46%), Vitamin B12: 0.52µg (8.72%), Vitamin E: 1.31mg (8.72%), Vitamin B5: 0.85mg (8.46%), Potassium: 281.86mg (8.05%), Calcium: 77.88mg (7.79%), Folate: 29.25µg (7.31%), Vitamin B6: 0.1mg (4.86%), Vitamin K: 4.86µg (4.63%), Vitamin B1: 0.06mg (3.86%), Vitamin B3: 0.46mg (2.32%)