



# Mini Orange Chocolate Chunk Cake

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

766 kcal

DESSERT

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 ounces buttermilk at room temperature
- ☐ 1 cup semisweet chocolate chunks good
- ☐ 2 extra large eggs at room temperature
- ☐ 1.5 cups flour plus 1 tablespoon all-purpose
- ☐ 0.3 cup heavy cream
- ☐ 0.5 teaspoon coffee granules instant
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 0.1 cup orange zest grated 2 large oranges
- ☐ 4 ounces semi chocolate chips good
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 0.3 pound butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure

## Equipment

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

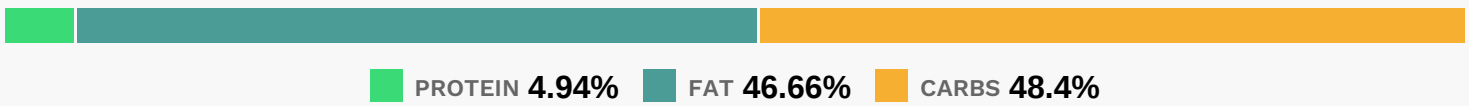
## Directions

- ☐ Preheat the oven to 350 degrees F. Grease and flour 6 individual serving baking molds, such as the flexible non stick 100 percent silicone molds.
- ☐ Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment for about 5 minutes, or until light and fluffy.
- ☐ Add the eggs, 1 at a time, then the orange zest.
- ☐ Sift together 1 1/2 cups flour, the baking powder, baking soda, and salt in a large bowl. In another bowl, combine the orange juice, buttermilk, and vanilla.
- ☐ Add the flour and buttermilk mixtures alternately in thirds to the creamed butter, beginning and ending with the flour. Toss the chocolate chunks with 1 tablespoon flour and add to the batter.
- ☐ Pour into the pans, smooth the tops, and bake for 30 minutes, until a cake tester comes out clean.
- ☐ Let the cakes cool in the molds on a wire rack for 10 minutes.

- ☐
- Meanwhile, make the syrup. In a small saucepan over medium-low heat, cook the sugar with the orange juice until the sugar dissolves.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:65.03, Glycemic Load:47.14, Inflammation Score:-7, Nutrition Score:15.806521830351%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 766.07kcal (38.3%), Fat: 40.03g (61.59%), Saturated Fat: 23.48g (146.77%), Carbohydrates: 93.43g (31.14%), Net Carbohydrates: 88.51g (32.18%), Sugar: 61.33g (68.14%), Cholesterol: 125.72mg (41.91%), Sodium: 212.41mg (9.24%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 43.95mg (14.65%), Protein: 9.53g (19.06%), Manganese: 0.86mg (43.15%), Copper: 0.68mg (33.8%), Selenium: 21.66µg (30.95%), Iron: 4.91mg (27.3%), Magnesium: 98.18mg (24.54%), Phosphorus: 224.14mg (22.41%), Fiber: 4.92g (19.69%), Vitamin B1: 0.29mg (19.3%), Vitamin B2: 0.33mg (19.19%), Folate: 71.33µg (17.83%), Vitamin A: 795.37IU (15.91%), Zinc: 1.84mg (12.29%), Vitamin B3: 2.37mg (11.87%), Potassium: 394.56mg (11.27%), Vitamin C: 7.95mg (9.63%), Calcium: 87.14mg (8.71%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.7mg (6.97%), Vitamin D: 1µg (6.67%), Vitamin B12: 0.37µg (6.1%), Vitamin K: 5.31µg (5.05%), Vitamin B6: 0.08mg (3.94%)