



Mint Chocolate Pudding Cakes

READY IN



35 min.

SERVINGS



6

CALORIES



427 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 3 large eggs
- ☐ 3 large egg yolks
- ☐ 0.3 cup sugar
- ☐ 0.3 cup all purpose flour
- ☐ 1.3 teaspoons peppermint extract
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375°F. Generously butter six 3/4-cup (6 ounce) ramekins.
- ☐ Cut the butter into pieces and heat the chocolate with the butter in small, thick-bottomed saucepan over low heat, stirring, until melted and smooth.
- ☐ Remove the pan from the burner and let cool slightly.
- ☐ Make filling: With an electric mixer, beat the eggs, egg yolks, and the sugar until slightly thickened, about 5 minutes.
- ☐ Add the flour and beat until incorporated.
- ☐ Add the chocolate mixture, the peppermint extract, and the salt. Beat just until incorporated.
- ☐ Pour the chocolate mixture into the prepared ramekins.
- ☐ Place the ramekins on a baking sheet.
- ☐ Bake the cakes at 375°F until the edges are set but the centers look shiny and still wiggle like jello when the ramekins are lightly shaken, 10-11 minutes. (Start checking at 9 minutes.)
- ☐ Remove the cakes from oven; let cool for 5-10 minutes.
- ☐ Either serve as is, in the ramekins, or run a knife around the edges of the cakes and invert on to individual dessert plates.
- ☐ Serve with raspberries, mint leaves, vanilla or mint ice cream, or whipped cream.

Nutrition Facts



 **PROTEIN 6.48%**  **FAT 65.01%**  **CARBS 28.51%**

Properties

Glycemic Index:24.18, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:9.656956475714%

Nutrients (% of daily need)

Calories: 427.03kcal (21.35%), Fat: 30.92g (47.57%), Saturated Fat: 17.57g (109.78%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 28.1g (10.22%), Sugar: 21.77g (24.19%), Cholesterol: 227.17mg (75.72%), Sodium: 141.68mg (6.16%), Alcohol: 0.29g (100%), Alcohol %: 0.37% (100%), Caffeine: 24.38mg (8.13%), Protein: 6.94g (13.87%), Selenium: 16.84µg (24.05%), Manganese: 0.43mg (21.31%), Copper: 0.39mg (19.52%), Phosphorus: 166.57mg (16.66%), Iron: 2.71mg (15.08%), Vitamin A: 744.47IU (14.89%), Magnesium: 54.95mg (13.74%), Vitamin B2: 0.21mg (12.24%), Fiber: 2.41g (9.63%), Zinc: 1.33mg (8.83%), Folate: 34.26µg (8.56%), Vitamin D: 1.24µg (8.28%), Vitamin B12: 0.47µg (7.86%), Vitamin B5: 0.77mg (7.66%), Vitamin E: 1.09mg (7.27%), Potassium: 216.1mg (6.17%), Vitamin B1: 0.08mg (5.06%), Calcium: 48.13mg (4.81%), Vitamin B6: 0.09mg (4.25%), Vitamin K: 3.52µg (3.35%), Vitamin B3: 0.58mg (2.89%)