



Minty Mocha Java Cakes

READY IN



15 min.

SERVINGS



6

CALORIES



845 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 1 tablespoon butter
- ☐ 8 ounces bittersweet chocolate morsels
- ☐ 12 creme de menthe chocolate mints chopped thin
- ☐ 4 egg yolks
- ☐ 4 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon coffee granules instant
- ☐ 2 cups powdered sugar

- ☐ 6 servings garnish: powdered sugar
- ☐ 1 pinch salt

Equipment

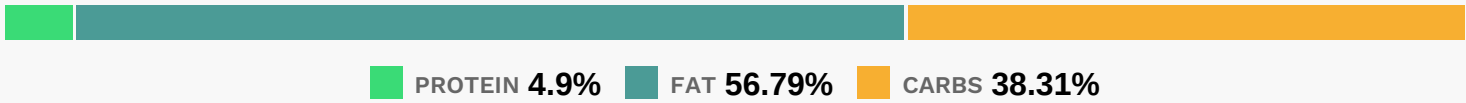
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ microwave

Directions

- ☐ Preheat oven to 425
- ☐ Grease 6 (6-oz.) ramekins or individual souffl dishes with 1 Tbsp. butter.
- ☐ Microwave 1 cup butter and chocolate morsels in a microwave-safe bowl at HIGH 2 minutes or until chocolate is melted and mixture is smooth, whisking at 1-minute intervals.
- ☐ Beat egg yolks and eggs at medium speed with an electric mixer 1 minute. Gradually add chocolate mixture, beating at low speed until well blended.
- ☐ Sift together sugar and next 3 ingredients. Gradually whisk sugar mixture into chocolate mixture until well blended. Divide batter among prepared ramekins.
- ☐ Place ramekins in a 15- x 10-inch jelly-roll pan.
- ☐ Sprinkle center of batter in ramekins with chopped mints. Press mints into batter gently just until submerged.
- ☐ Bake at 425 for 16 minutes or until a thermometer inserted into cakes registers 160
- ☐ Remove from oven, and let stand 10 minutes. Run a knife around outer edge of each cake to loosen. Carefully invert cakes onto dessert plates.
- ☐ Garnish, if desired.

Note: For testing purposes only, we used Ghirardelli 60% Cacao Bittersweet Chocolate Chips and Andes Crme de Menthe Thins.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:8.64, Inflammation Score:-7, Nutrition Score:14.707391199858%

Nutrients (% of daily need)

Calories: 844.76kcal (42.24%), Fat: 53.57g (82.41%), Saturated Fat: 31.19g (194.92%), Carbohydrates: 81.29g (27.1%), Net Carbohydrates: 77.85g (28.31%), Sugar: 61.91g (68.79%), Cholesterol: 342.23mg (114.08%), Sodium: 323.04mg (14.05%), Alcohol: 0.6g (100%), Alcohol %: 0.4% (100%), Caffeine: 37.74mg (12.58%), Protein: 10.4g (20.79%), Selenium: 26.14µg (37.35%), Manganese: 0.63mg (31.45%), Vitamin A: 1375.7IU (27.51%), Copper: 0.53mg (26.63%), Phosphorus: 238.1mg (23.81%), Iron: 4.07mg (22.61%), Vitamin B2: 0.33mg (19.66%), Magnesium: 75.91mg (18.98%), Folate: 62.99µg (15.75%), Fiber: 3.45g (13.78%), Zinc: 1.86mg (12.4%), Vitamin E: 1.82mg (12.16%), Vitamin B1: 0.17mg (11.42%), Vitamin B12: 0.67µg (11.12%), Vitamin B5: 1.1mg (10.96%), Vitamin D: 1.31µg (8.76%), Potassium: 306.62mg (8.76%), Calcium: 70.29mg (7.03%), Vitamin B3: 1.33mg (6.66%), Vitamin B6: 0.12mg (5.98%), Vitamin K: 5.77µg (5.49%)