



Mocha Fudge Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



511 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons hot-brewed coffee hot brewed
- ☐ 1 tablespoon rum / brandy / coffee liqueur
- ☐ 3 eggs separated at room temperature
- ☐ 0.5 cup flour all-purpose
- ☐ 6 servings topping: coffee ice cream
- ☐ 1 tablespoon coffee granules instant
- ☐ 0.1 teaspoon kosher salt
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1 cup sugar divided

☐ 8 tablespoons butter unsalted at room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ ramekin
- ☐ double boiler
- ☐ hand mixer
- ☐ microwave

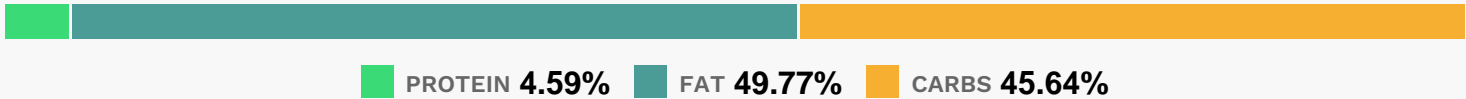
Directions

- ☐ Preheat oven to 35
- ☐ Grease 6 (1-cup) ramekins or souffl cups. Line bottoms with parchment paper (3-inch rounds), and grease paper. Set aside.
- ☐ Melt chocolate in a double boiler, or microwave at HIGH 1 1/2 minutes or until smooth, stirring twice.
- ☐ Place instant coffee granules in a small bowl.
- ☐ Add hot brewed coffee, and stir to dissolve. Stir in coffee liqueur. Beat butter and 3/4 cup plus 2 tablespoons sugar in a separate bowl at medium speed with an electric mixer.
- ☐ Add egg yolks, and mix until blended, scraping down sides of bowl.
- ☐ Add melted chocolate, and mix to combine.
- ☐ Add coffee mixture, kosher salt, and flour, mixing to combine.
- ☐ Clean mixer blades. In a separate bowl, beat egg whites at high speed with an electric mixer until foamy. Gradually add remaining 2 tablespoons sugar, and beat to medium-soft peaks. Fold egg white mixture into chocolate mixture, one-third at a time. Divide batter among

prepared ramekins, filling each three-fourths full.

- ☐ Place on a rimmed baking sheet.
- ☐ Bake at 350 for 20 minutes. Rotate pan, and bake 10 to 12 minutes more or until cakes rise slightly above ramekin rims and tops feel set but slightly soft in center.
- ☐ Remove from oven, and run a small knife gently around ramekins to loosen cakes.
- ☐ Let cool 5 minutes (cakes will fall slightly), and loosen from ramekins again.
- ☐ Let cool completely.
- ☐ Loosen cakes fully, turn out into your hand, remove parchment paper, and place upright on individual serving plates. Top with a scoop of coffee ice cream.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:29.02, Inflammation Score:-5, Nutrition Score:8.8321739694347%

Nutrients (% of daily need)

Calories: 510.75kcal (25.54%), Fat: 28.4g (43.7%), Saturated Fat: 16.58g (103.64%), Carbohydrates: 58.61g (19.54%), Net Carbohydrates: 56.03g (20.37%), Sugar: 45.31g (50.35%), Cholesterol: 123.68mg (41.23%), Sodium: 89.16mg (3.88%), Alcohol: 0.54g (100%), Alcohol %: 0.57% (100%), Caffeine: 52.1mg (17.37%), Protein: 5.9g (11.79%), Manganese: 0.47mg (23.69%), Copper: 0.39mg (19.74%), Selenium: 13.18µg (18.83%), Iron: 2.73mg (15.17%), Magnesium: 58.52mg (14.63%), Phosphorus: 136.6mg (13.66%), Vitamin A: 599.47IU (11.99%), Vitamin B2: 0.18mg (10.76%), Fiber: 2.58g (10.31%), Zinc: 1.14mg (7.6%), Folate: 30.08µg (7.52%), Potassium: 241.56mg (6.9%), Vitamin B1: 0.1mg (6.77%), Vitamin E: 0.86mg (5.76%), Vitamin B3: 1.12mg (5.61%), Vitamin B5: 0.5mg (5%), Vitamin D: 0.72µg (4.8%), Vitamin B12: 0.28µg (4.65%), Calcium: 38.04mg (3.8%), Vitamin K: 3.49µg (3.32%), Vitamin B6: 0.05mg (2.63%)