



Mocha Java Cakes

READY IN



31 min.

SERVINGS



6

CALORIES



837 kcal

DESSERT

Ingredients

- 1 cup butter
- 1 tablespoon butter
- 8 ounces bittersweet chocolate morsels
- 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

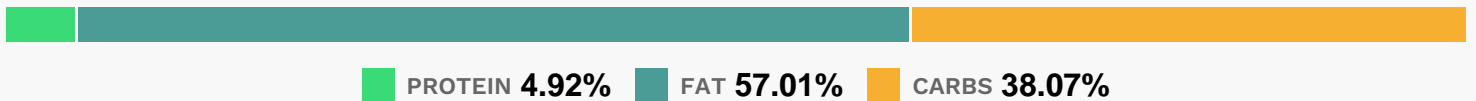
- bowl
- frying pan
- oven
- knife
- whisk
- ramekin
- hand mixer
- kitchen thermometer
- microwave

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.
- 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.
- Coffee Liqueur Java Cakes: Omit instant espresso. Prepare recipe as directed through Step 1. Sift together sugar, flour, and salt. Gradually whisk sugar mixture into chocolate mixture until well blended.

- Whisk in 1/3 cup coffee liqueur. Proceed with recipe as directed, baking cakes 14 to 16 minutes or until a thermometer inserted into cakes registers 16
- Note: For testing purposes only, we used Kahla for coffee liqueur.
- Orange Java Cakes: Prepare recipe as directed through Step Sift together sugar and next 3 ingredients. Gradually whisk sugar mixture into chocolate mixture until well blended.
- Whisk in 1/4 cup orange liqueur and 1 tsp. orange zest. Proceed with recipe as directed, baking cakes 14 to 16 minutes or until a thermometer inserted into cakes registers 16
- Note: For testing purposes only, we used Grand Marnier for orange liqueur.
- Minty Mocha Java Cakes: Prepare recipe as directed through Step Chop 12 thin crme de menthe chocolate mints.
- Sprinkle center of batter in ramekins with chopped mints. Press mints into batter gently just until submerged. Proceed with recipe as directed. Note: For testing purposes only, we used Andes Crme de Menthe Thins.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:8.64, Inflammation Score:-7, Nutrition Score:14.701304311338%

Nutrients (% of daily need)

Calories: 837.34kcal (41.87%), Fat: 53.56g (82.4%), Saturated Fat: 31.19g (194.92%), Carbohydrates: 80.46g (26.82%), Net Carbohydrates: 77.02g (28.01%), Sugar: 61.08g (67.86%), Cholesterol: 342.23mg (114.08%), Sodium: 322.94mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 37.74mg (12.58%), Protein: 10.4g (20.79%), Selenium: 26.14µg (37.34%), Manganese: 0.63mg (31.41%), Vitamin A: 1375.7IU (27.51%), Copper: 0.53mg (26.55%), 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 (12.39%), 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%)