



Molten Butterscotch Cakes

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



516 kcal

DESSERT

Ingredients

- 6 teaspoons graham cracker crumbs
- 6 oz butterscotch chips
- 0.7 cup butter
- 3 eggs whole
- 3 egg yolk
- 0.8 cup brown sugar packed
- 0.5 cup flour all-purpose

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- whisk
- spatula

Directions

- Heat oven to 450°F. Spray bottoms and sides of 6 (6-ounce) custard cups with baking spray with flour.
- Sprinkle 1 teaspoon cracker crumbs onto bottom and around side of each cup.
- In 1-quart saucepan, melt butterscotch chips and butter over medium heat, stirring constantly.
- Remove from heat; cool slightly, about 5 minutes.
- Meanwhile, in large bowl, beat whole eggs and egg yolks with wire whisk or egg beater until well blended. Beat in brown sugar. Beat in melted butterscotch mixture and flour until well blended. Divide batter evenly among custard cups.
- Place cups on cookie sheet with sides.
- Bake 12 to 14 minutes or until sides are set and centers are still soft (tops will be puffed and cracked).
- Let stand 3 minutes. Run small knife or metal spatula along sides of cakes to loosen. Immediately place individual dessert plate upside down over top of each cup; turn plate and cup over.
- Remove cup.
- Serve warm.

Nutrition Facts



PROTEIN 4.53% **FAT 45.49%** **CARBS 49.98%**

Properties

Glycemic Index:24.83, Glycemic Load:8.44, Inflammation Score:-6, Nutrition Score:7.0400000569289%

Nutrients (% of daily need)

Calories: 516.25kcal (25.81%), Fat: 26.32g (40.49%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 65.07g (21.69%), Net Carbohydrates: 64.62g (23.5%), Sugar: 50.81g (56.45%), Cholesterol: 181.59mg (60.53%), Sodium: 425.11mg (18.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.79%), Vitamin A: 1179.13IU (23.58%), Selenium: 15.83µg (22.61%), Vitamin B2: 0.23mg (13.26%), Folate: 45.37µg (11.34%), Phosphorus: 107.19mg (10.72%), Vitamin E: 1.28mg (8.51%), Iron: 1.52mg (8.44%), Vitamin B1: 0.12mg (8.25%), Vitamin B5: 0.71mg (7.11%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.93µg (6.17%), Calcium: 60.97mg (6.1%), Manganese: 0.1mg (5%), Zinc: 0.69mg (4.63%), Vitamin B6: 0.09mg (4.6%), Vitamin B3: 0.86mg (4.3%), Potassium: 108.18mg (3.09%), Magnesium: 11.56mg (2.89%), Copper: 0.05mg (2.62%), Fiber: 0.45g (1.8%)