



Molten Chocolate Cake

READY IN



40 min.

SERVINGS



6

CALORIES



507 kcal

DESSERT

Ingredients

- ☐ 7.5 ounces bittersweet chocolate coarsely chopped
- ☐ 3 large egg yolks
- ☐ 3 large eggs
- ☐ 5 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 11 tablespoons butter unsalted

Equipment

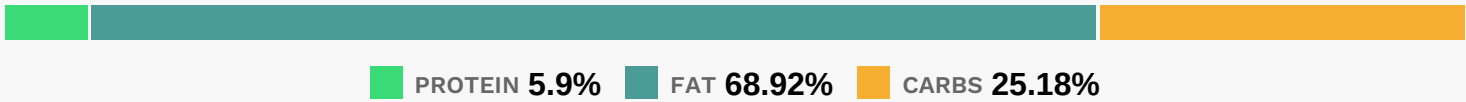
- ☐ oven

- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ double boiler

Directions

- ☐ Preheat oven to 350 degrees F. Butter and flour 6 (6-ounce) ramekins.
- ☐ Place 5 1/2 ounces of the chocolate and the butter in the top of a double boiler, and melt them over simmering water.
- ☐ Using a mixer with a whisk attachment, beat the eggs, egg yolks and sugar together until pale and thick, about 8 minutes. Reduce speed and add flour.
- ☐ Add the chocolate mixture and continue beating until glossy, about another 5 minutes.
- ☐ Divide half the mixture into the ramekins. Divide the remaining chopped chocolate among the ramekins, making a little pile in the middle of each one. Top with the rest of the batter.
- ☐ Bake until just set around the edges, but the center still jiggles. About 12 minutes. DO NOT overcook.
- ☐ Cool just a few minutes and unmold each cake onto a plate.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:9.27, Inflammation Score:-6, Nutrition Score:11.139130499052%

Nutrients (% of daily need)

Calories: 507.16kcal (25.36%), Fat: 39.11g (60.17%), Saturated Fat: 22.6g (141.22%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 29.14g (10.6%), Sugar: 21.5g (23.89%), Cholesterol: 242.11mg (80.7%), Sodium: 46.16mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 30.48mg (10.16%), Protein: 7.53g (15.07%), Manganese: 0.53mg (26.26%), Selenium: 17.84µg (25.48%), Copper: 0.48mg (24.02%), Phosphorus: 187.7mg (18.77%), Vitamin A: 916.7IU (18.33%), Iron: 3.21mg (17.82%), Magnesium: 67.68mg (16.92%), Vitamin B2: 0.22mg (12.8%), Fiber: 3g (12.01%), Zinc: 1.52mg (10.17%), Folate: 36.37µg (9.09%), Vitamin D: 1.34µg (8.96%), Vitamin E: 1.29mg (8.6%), Vitamin B12: 0.5µg (8.26%), Vitamin B5: 0.8mg (7.99%), Potassium: 257.71mg (7.36%), Vitamin B1: 0.09mg (5.78%), Calcium: 54.12mg (5.41%), Vitamin B6: 0.09mg (4.39%), Vitamin K: 4.5µg (4.29%), Vitamin B3: 0.7mg (3.49%)