



Molten Chocolate Cake



Gluten Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



3

CALORIES



628 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted

Equipment

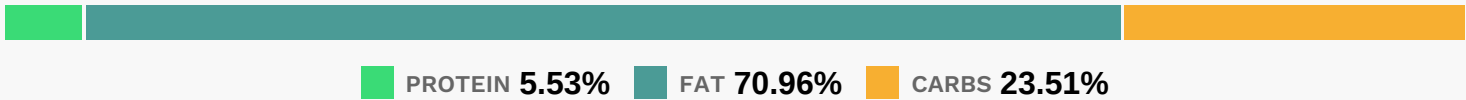
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ ramekin
- ☐ double boiler

Directions

- ☐ Lightly grease 3 ramekins with butter.Melt the chocolate into the butter in a double boiler and let cool a bit.Beat the egg yolks and sugar and mix into the chocolate.Beat the egg whites in a bowl until they form soft peaks.Fold the chocolate into the egg whites.
- ☐ Pour the batter into the ramekins, no more than 2/3 full.
- ☐ Bake in a preheated 400F oven for 7-10 minutes. The outside will be set and possibly crack and the inside will still be liquid.
- ☐ Let cool for a few minutes and then run a knife around the edges and tip onto a plate. (Optional; Feel free to eat it right out of the ramekin with a spoon.)

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:11.64, Inflammation Score:-6, Nutrition Score:11.525652175364%

Nutrients (% of daily need)

Calories: 627.85kcal (31.39%), Fat: 50.04g (76.99%), Saturated Fat: 29.48g (184.26%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 34.28g (12.46%), Sugar: 30.85g (34.27%), Cholesterol: 278.01mg (92.67%), Sodium: 66.55mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.51mg (10.84%), Protein: 8.77g (17.53%), Selenium: 19.73µg (28.19%), Manganese: 0.52mg (25.81%), Copper: 0.5mg (24.99%), Vitamin A: 1223.91IU (24.48%), Phosphorus: 182.06mg (18.21%), Magnesium: 71.48mg (17.87%), Iron: 2.92mg (16.22%), Vitamin B2: 0.26mg (15.37%), Fiber: 3.02g (12.1%), Vitamin E: 1.57mg (10.43%), Vitamin D: 1.54µg (10.26%), Zinc: 1.46mg (9.74%), Vitamin B12: 0.51µg (8.51%), Potassium: 292.26mg (8.35%), Vitamin B5: 0.75mg (7.5%), Folate: 28.61µg (7.15%), Calcium: 58mg (5.8%), Vitamin K: 5.5µg (5.23%), Vitamin B6: 0.08mg (3.92%), Vitamin B1: 0.05mg (3.12%), Vitamin B3: 0.37mg (1.84%)