



Molten Chocolate Cake with Crushed Candy Canes

READY IN



44 min.

SERVINGS



6

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 2 candy canes smashed
- ☐ 3 egg yolks
- ☐ 3 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 6 servings granulated sugar for the ramekins
- ☐ 1.5 cups powdered sugar for dusting plus a little more
- ☐ 6 ounce semi chocolate chips
- ☐ 1.3 sticks butter unsalted

- ☐ 1 teaspoon vanilla extract

Equipment

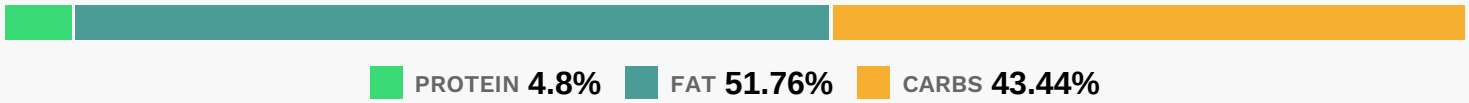
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ ramekin
- ☐ stand mixer

Directions

- ☐ Special equipment: 6 ramekins or aluminum souffle cups
- ☐ Preheat the oven to 425 degrees F.
- ☐ Melt 1/4 a stick of butter in a small saucepan over low heat. Paint the inside of 6 ramekins or aluminum souffle cups with butter. Coat the inside of each ramekin with granulated sugar. Reserve.
- ☐ Put the remaining stick of butter and chocolate chips in a large mixing bowl. Set the bowl on a saucepan filled with about 1-inch of boiling water. Be sure that the bowl is not touching the water. Gently stir the butter and the chocolate together until melted and the mixture is smooth. Turn off the heat and reserve.
- ☐ Combine the eggs, yolks, sugar and vanilla in the bowl of a stand mixer. (This can also be done with a hand beater.) Beat the egg mixture until it doubles in size, and gets very thick and very pale.
- ☐ Gently whisk the melted chocolate and butter into the egg mixture.
- ☐ Remove the bowl from the mixer and gently stir in the flour.
- ☐ Pour the batter into the prepared ramekins. Arrange the ramekins on a baking sheet and bake in the preheated oven for 14 to 15 minutes.
- ☐ Remove the cakes from the oven and let rest for 3 to 4 minutes.

- ☐
- Remove the cakes from the ramekins, and arrange them on individual serving plates. Dust with powdered sugar and garnish with crushed candy cane.
- ☐
- HOHOHOHOHO!!!

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:14.13, Inflammation Score:-5, Nutrition Score:10.42391306421%

Nutrients (% of daily need)

Calories: 596.11kcal (29.81%), Fat: 34.57g (53.19%), Saturated Fat: 19.9g (124.39%), Carbohydrates: 65.28g (21.76%), Net Carbohydrates: 62.73g (22.81%), Sugar: 51.98g (57.76%), Cholesterol: 231.36mg (77.12%), Sodium: 41.97mg (1.82%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Caffeine: 24.38mg (8.13%), Protein: 7.21g (14.43%), Selenium: 18.19µg (25.99%), Manganese: 0.46mg (23.1%), Copper: 0.4mg (19.94%), Vitamin A: 851.06IU (17.02%), Phosphorus: 169.31mg (16.93%), Iron: 2.94mg (16.31%), Magnesium: 55.83mg (13.96%), Vitamin B2: 0.23mg (13.53%), Folate: 43.25µg (10.81%), Fiber: 2.55g (10.2%), Zinc: 1.34mg (8.94%), Vitamin D: 1.28µg (8.53%), Vitamin E: 1.18mg (7.89%), Vitamin B1: 0.12mg (7.78%), Vitamin B12: 0.46µg (7.71%), Vitamin B5: 0.76mg (7.63%), Potassium: 219.53mg (6.27%), Calcium: 49.21mg (4.92%), Vitamin B3: 0.88mg (4.42%), Vitamin B6: 0.08mg (4.2%), Vitamin K: 3.85µg (3.67%)