



Molten Chocolate Cakes

 Vegetarian  Popular

READY IN



20 min.

SERVINGS



6

CALORIES



498 kcal

DESSERT

Ingredients

- 1 serving cocoa powder unsweetened
- 6 oz baker's chocolate chopped
- 0.5 cup butter
- 3 eggs whole
- 3 egg yolk
- 1.5 cups powdered sugar
- 0.5 cup flour all-purpose
- 1 serving powdered sugar

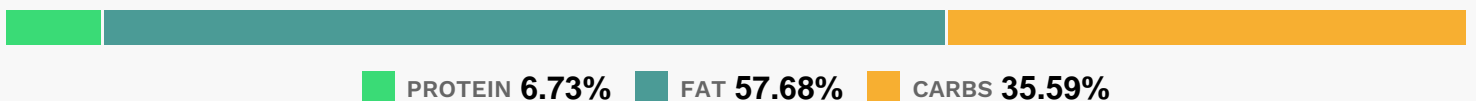
Equipment

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

Directions

- Heat oven to 450°F. Grease bottoms and sides of six (6-oz) custard cups with shortening; dust with cocoa. In 2-quart saucepan, melt chocolate and butter over low heat, stirring frequently. Cool slightly.
- In large bowl, beat whole eggs and egg yolks with wire whisk or eggbeater until well blended. Beat in 1 1/2 cups powdered sugar. Beat in melted chocolate mixture and flour. 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 heatproof serving plate upside down over each cup; turn plate and cup over.
- Remove cup.
- Sprinkle with additional powdered sugar.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:5.76, Inflammation Score:-7, Nutrition Score:15.879999948585%

Flavonoids

Catechin: 18.35mg, Catechin: 18.35mg, Catechin: 18.35mg, Catechin: 18.35mg Epicatechin: 40.54mg, Epicatechin: 40.54mg, Epicatechin: 40.54mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 498.29kcal (24.91%), Fat: 34.77g (53.5%), Saturated Fat: 20.47g (127.95%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 43.22g (15.72%), Sugar: 31.08g (34.53%), Cholesterol: 219.71mg (73.24%), Sodium: 164.87mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.06mg (7.69%), Protein: 9.13g (18.26%), Manganese: 1.27mg (63.56%), Copper: 0.96mg (48.14%), Iron: 6.09mg (33.85%), Selenium: 18.02µg (25.75%), Magnesium: 99.29mg (24.82%), Zinc: 3.33mg (22.17%), Phosphorus: 209.07mg (20.91%), Fiber: 5.05g (20.2%), Vitamin A: 721.31IU (14.43%), Vitamin B2: 0.24mg (14.16%), Folate: 51.1µg (12.78%), Vitamin B1: 0.15mg (9.94%), Potassium: 294.32mg (8.41%), Vitamin B5: 0.72mg (7.21%), Vitamin E: 1.02mg (6.81%), Vitamin B12: 0.4µg (6.72%), Vitamin D: 0.93µg (6.17%), Calcium: 59.19mg (5.92%), Vitamin B3: 1.03mg (5.15%), Vitamin B6: 0.08mg (4.1%), Vitamin K: 4.24µg (4.04%)