



WHAT'SheATe



Molten Chocolate Cakes with Cherries

READY IN



45 min.

SERVINGS



2

CALORIES



1010 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons flour
- ☐ 0.3 cup brandy (clear cherry brandy)
- ☐ 16 ounce cherries dark sweet frozen thawed pitted halved undrained
- ☐ 1 large eggs
- ☐ 2 large egg yolk
- ☐ 2 servings mint leaves fresh
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 servings powdered sugar
- ☐ 2 ounces bittersweet chocolate unsweetened chopped (not)

- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter unsalted cut into small pieces ()
- ☐ 2 tablespoons cocoa powder unsweetened

Equipment

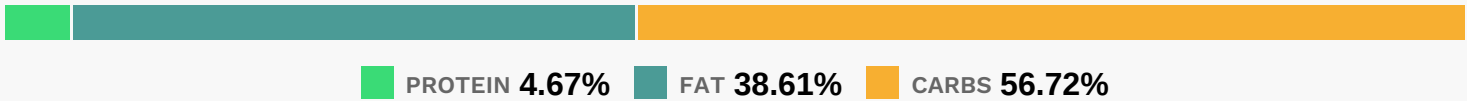
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Combine cherries with juices, 1/2 cup sugar, kirsch, and cinnamon in heavy medium saucepan. Stir over medium heat until sugar dissolves. Simmer until sauce thickens and is slightly reduced, about 10 minutes. Using slotted spoon, remove 1/4 cup cherries from sauce; drain well.
- ☐ Transfer to work surface and chop coarsely; reserve chopped cherries for cakes. Set aside cherry sauce.
- ☐ Butter two 3/4-cup ramekins or custard cups.
- ☐ Whisk cocoa and remaining 1/4 cup sugar in small bowl to blend. Stir chocolate and butter in heavy small saucepan over low heat until chocolate melts and mixture is smooth.
- ☐ Remove from heat; whisk in cocoa mixture.
- ☐ Whisk in egg yolks, then whole egg and flour. Fold in reserved 1/4 cup chopped cherries. Divide batter between prepared ramekins. (Sauce and cake batter can be made 1 day ahead. Cover separately; chill.)
- ☐ Preheat oven to 350°F.
- ☐ Bake cakes uncovered until edges are set but center is still shiny and tester inserted into center comes out with some wet batter attached, about 22 minutes.
- ☐ Warm sauce over low heat.

Cut around cakes to loosen; turn out onto plates. Spoon sauce alongside. Sift powdered sugar over; garnish with mint.

Nutrition Facts



Properties

Glycemic Index:93.55, Glycemic Load:60.4, Inflammation Score:-8, Nutrition Score:18.866956565691%

Flavonoids

Cyanidin: 68.52mg, Cyanidin: 68.52mg, Cyanidin: 68.52mg, Cyanidin: 68.52mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 3.4mg, Peonidin: 3.4mg, Peonidin: 3.4mg, Peonidin: 3.4mg Catechin: 13.13mg, Catechin: 13.13mg, Catechin: 13.13mg, Catechin: 13.13mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 21.16mg, Epicatechin: 21.16mg, Epicatechin: 21.16mg, Epicatechin: 21.16mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 1010.13kcal (50.51%), Fat: 42.17g (64.88%), Saturated Fat: 23.72g (148.27%), Carbohydrates: 139.41g (46.47%), Net Carbohydrates: 130.26g (47.37%), Sugar: 122.41g (136.02%), Cholesterol: 339.31mg (113.1%), Sodium: 52.25mg (2.27%), Alcohol: 10.02g (100%), Alcohol %: 2.84% (100%), Caffeine: 35.88mg (11.96%), Protein: 11.47g (22.93%), Manganese: 0.82mg (41.08%), Copper: 0.73mg (36.71%), Fiber: 9.15g (36.59%), Selenium: 21.76µg (31.08%), Phosphorus: 284.9mg (28.49%), Magnesium: 105.6mg (26.4%), Vitamin A: 1291.77IU (25.84%), Iron: 4.43mg (24.61%), Potassium: 811.24mg (23.18%), Vitamin B2: 0.34mg (20.24%), Vitamin C: 16.2mg (19.64%), Vitamin B5: 1.48mg (14.85%), Zinc: 2.04mg (13.6%), Folate: 52.91µg (13.23%), Vitamin D: 1.84µg (12.29%), Vitamin B6: 0.23mg (11.62%), Vitamin E: 1.7mg (11.32%), Vitamin B12: 0.65µg (10.89%), Calcium: 102.27mg (10.23%), Vitamin B1: 0.13mg (8.93%), Vitamin K: 9.19µg (8.76%), Vitamin B3: 0.87mg (4.36%)