



Molten Chocolate Cakes with Cherry Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



468 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup amaretto
- ☐ 11 ounces bittersweet chocolate
- ☐ 12 oz cherries dark frozen thawed pitted
- ☐ 1 tablespoon cocoa powder
- ☐ 1.8 cups confectioners' sugar
- ☐ 2 tablespoons cornstarch
- ☐ 4 large egg yolks from eggs
- ☐ 4 large eggs

- ☐ 0.8 cup flour all-purpose sifted
- ☐ 0.3 cup heavy cream
- ☐ 0.3 cup sugar
- ☐ 12 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

Equipment

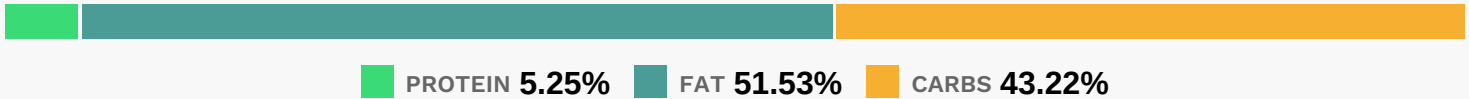
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ ramekin
- ☐ microwave

Directions

- ☐ Make cakes: Finely chop 3 oz. bittersweet chocolate and place in a medium bowl; set over a pot of simmering water.
- ☐ Add cream and stir until melted. Stir in almond extract.
- ☐ Refrigerate for 25 minutes, stirring occasionally, until cooled and thick enough to scoop with a spoon.
- ☐ Sprinkle cocoa powder onto a large piece of waxed paper. Using a teaspoon, scoop mixture into 12 evenly sized balls and drop into cocoa.
- ☐ Roll into rough balls, coating evenly with cocoa. Freeze truffles while preparing cakes.
- ☐ Preheat oven to 400F. Grease 12 (6 oz.) glass custard cups or ramekins with shortening and dust with cocoa powder. Tap out excess.
- ☐ Place on a large rimmed baking sheet.
- ☐ Chop remaining chocolate and butter into small pieces.

- ☐ Transfer to a large, microwave-safe bowl.
- ☐ Heat for 3 to 4 minutes, stirring at 1-minute intervals.
- ☐ Whisk until smooth.
- ☐ Whisk in confectioners' sugar, vanilla and flour, stirring until smooth.
- ☐ Whisk in yolks and whole eggs one at a time.
- ☐ Divide batter among cups. Put one truffle in each cup and push into center of batter.
- ☐ Bake until tops are set but slightly jiggly, 15 to 17 minutes.
- ☐ Combine cherries, their juice and sugar in a saucepan. Bring to a boil over medium-high heat.
- ☐ Mix cornstarch and Amaretto; add to cherries, stirring until sauce is thickened and shiny.
- ☐ When cakes are done, remove from oven and allow to sit for 1 to 2 minutes. To serve, spoon 2 to 3 Tbsp. sauce onto dessert plates. Run a knife around each cake to loosen; invert cakes onto sauce.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:8.09, Inflammation Score:-5, Nutrition Score:9.233478297358%

Flavonoids

Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 467.86kcal (23.39%), Fat: 26.41g (40.63%), Saturated Fat: 15.18g (94.9%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 46.79g (17.01%), Sugar: 36.89g (40.99%), Cholesterol: 160.46mg (53.49%), Sodium: 33.19mg (1.44%), Alcohol: 1.88g (100%), Alcohol %: 1.78% (100%), Caffeine: 25.01mg (8.34%), Protein: 6.05g (12.1%), Manganese: 0.45mg (22.28%), Copper: 0.39mg (19.63%), Selenium: 13.66µg (19.51%), Phosphorus: 146.95mg

(14.69%), Iron: 2.64mg (14.68%), Magnesium: 55.86mg (13.97%), Vitamin A: 625.6IU (12.51%), Fiber: 3.05g (12.21%), Vitamin B2: 0.19mg (11.01%), Folate: 32.29µg (8.07%), Zinc: 1.17mg (7.78%), Potassium: 265.4mg (7.58%), Vitamin B1: 0.1mg (6.42%), Vitamin B5: 0.62mg (6.23%), Vitamin D: 0.93µg (6.19%), Vitamin E: 0.87mg (5.8%), Vitamin B12: 0.34µg (5.62%), Calcium: 45.14mg (4.51%), Vitamin B6: 0.08mg (3.86%), Vitamin B3: 0.77mg (3.83%), Vitamin K: 3.73µg (3.55%), Vitamin C: 2.01mg (2.44%)