



Molten Chocolate Cakes with Chunky Raspberry Sauce

READY IN



32 min.

SERVINGS



8

CALORIES



440 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 3 large egg yolk at room temperature
- ☐ 3 large eggs at room temperature
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups raspberries fresh frozen thawed
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar

- ☐ 12 tablespoons butter unsalted cut into small pieces ()
- ☐ 1 teaspoon vanilla extract

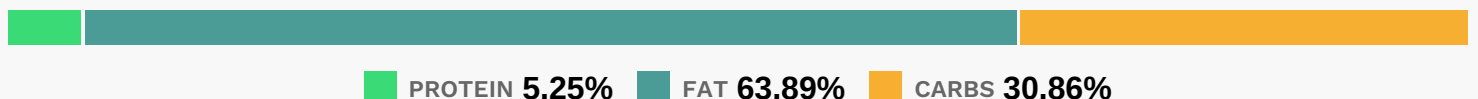
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Place raspberries in a large bowl and stir in lemon juice and sugar. Use a fork to mash until sugar is dissolved and sauce is chunky. Cover and chill well before serving.
- ☐ Make cakes: Preheat oven to 425F. Butter 8 3/4-cup ramekins or custard cups. Dust with sugar and tap out excess.
- ☐ Place on a large baking sheet.
- ☐ Melt 12 Tbsp. butter with chocolate in top of a double boiler over barely simmering water, stirring often.
- ☐ Remove from heat and let cool slightly.
- ☐ Using an electric mixer on medium-high speed, beat eggs and egg yolks with sugar and vanilla until light and fluffy, about 6 minutes. Fold in flour and chocolate mixture. Divide batter between ramekins and bake until firm yet slightly soft in center, 10 to 12 minutes. Do not overbake.
- ☐ Run a knife around outside of cakes to loosen and carefully turn out onto small plates.
- ☐ Serve warm with raspberry sauce.

Nutrition Facts



Properties

Glycemic Index:30.15, Glycemic Load:11.23, Inflammation Score:-6, Nutrition Score:10.346956512202%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 440.23kcal (22.01%), Fat: 31.63g (48.66%), Saturated Fat: 18.24g (113.99%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 30.1g (10.95%), Sugar: 25.94g (28.82%), Cholesterol: 185.45mg (61.82%), Sodium: 35.37mg (1.54%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 24.38mg (8.13%), Protein: 5.85g (11.7%), Manganese: 0.6mg (30.05%), Copper: 0.41mg (20.35%), Selenium: 12.7µg (18.14%), Fiber: 4.27g (17.1%), Phosphorus: 151.64mg (15.16%), Magnesium: 60.07mg (15.02%), Vitamin A: 742.15IU (14.84%), Iron: 2.6mg (14.45%), Vitamin C: 8.59mg (10.41%), Vitamin B2: 0.16mg (9.67%), Zinc: 1.3mg (8.67%), Vitamin E: 1.28mg (8.54%), Folate: 28.86µg (7.21%), Potassium: 248.86mg (7.11%), Vitamin B5: 0.7mg (6.96%), Vitamin D: 1.03µg (6.89%), Vitamin B12: 0.38µg (6.3%), Vitamin K: 5.96µg (5.67%), Calcium: 49.43mg (4.94%), Vitamin B6: 0.08mg (4.14%), Vitamin B1: 0.05mg (3.58%), Vitamin B3: 0.56mg (2.78%)