



Molten Chocolate Cakes with Mint Fudge Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



747 kcal

DESSERT

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 0.3 cup plus light
- ☐ 3 large egg yolks
- ☐ 3 large eggs
- ☐ 0.8 teaspoon peppermint extract
- ☐ 1.5 cups powdered sugar
- ☐ 5 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 10 tablespoons butter unsalted

- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 6 servings whipped cream
- ☐ 0.3 cup water hot

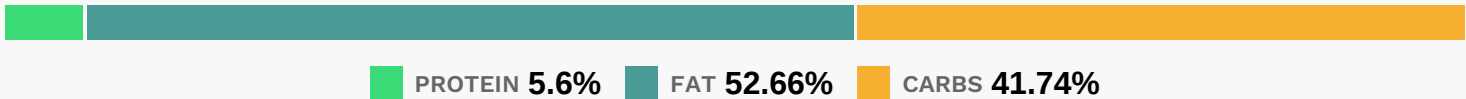
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Stir both chocolates in top of double boiler over barely simmering water until melted.
- ☐ Add 1/3 cup hot water, corn syrup and extract; whisk until smooth.
- ☐ Remove from over water. Cool slightly. (Can be made 2 days ahead. Cover; chill. Before serving, rewarm in saucepan over low heat, stirring constantly.)
- ☐ Preheat oven to 450°F. Butter six 3/4-cup soufflé dishes or custard cups. Stir chocolate and butter in heavy medium saucepan over low heat until melted. Cool slightly.
- ☐ Whisk eggs and egg yolks in large bowl to blend.
- ☐ Whisk in sugar, then chocolate mixture and flour.
- ☐ Pour batter into dishes, dividing equally. (Can be made 1 day ahead. Cover; chill.)
- ☐ Bake cakes until sides are set but center remains soft and runny, about 11 minutes or up to 14 minutes for batter that was refrigerated. Run small knife around cakes to loosen. Immediately turn cakes out onto plates. Spoon sauce around cakes.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:17.04, Inflammation Score:-7, Nutrition Score:15.86086953075%

Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 747.44kcal (37.37%), Fat: 44.94g (69.14%), Saturated Fat: 26.34g (164.62%), Carbohydrates: 80.14g (26.71%), Net Carbohydrates: 75.94g (27.62%), Sugar: 63.25g (70.28%), Cholesterol: 265.42mg (88.47%), Sodium: 109.9mg (4.78%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 27.88mg (9.29%), Protein: 10.75g (21.5%), Manganese: 0.8mg (39.9%), Copper: 0.66mg (33.17%), Selenium: 20.42µg (29.17%), Phosphorus: 268.05mg (26.81%), Iron: 4.37mg (24.29%), Vitamin B2: 0.4mg (23.77%), Vitamin A: 1130.34IU (22.61%), Magnesium: 88.24mg (22.06%), Zinc: 2.67mg (17.81%), Fiber: 4.2g (16.81%), Calcium: 143.4mg (14.34%), Folate: 49.87µg (12.47%), Vitamin B12: 0.73µg (12.13%), Vitamin B5: 1.18mg (11.79%), Potassium: 405.72mg (11.59%), Vitamin B1: 0.16mg (10.99%), Vitamin D: 1.44µg (9.61%), Vitamin E: 1.4mg (9.36%), Vitamin B6: 0.12mg (6%), Vitamin B3: 1.05mg (5.25%), Vitamin K: 4.61µg (4.39%)