



Molten Chocolate Cakes with Raspberry Sauce

READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

1252 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 cup butter cubed for ramekins
- ☐ 4 egg yolks
- ☐ 4 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons heavy cream
- ☐ 1 tablespoon kirsch liqueur
- ☐ 1 pint raspberries fresh
- ☐ 0.3 teaspoon salt

- ☐ 12 ounces bittersweet chocolate divided chopped
- ☐ 0.5 cup sugar for dusting
- ☐ 2 tablespoons sugar

Equipment

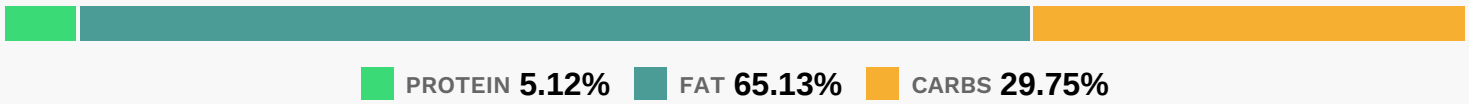
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ double boiler

Directions

- ☐ Watch how to make this recipe.
- ☐ To make the ganache, melt 4 ounces of the chocolate with the heavy cream over a double boiler. Stir until smooth and chill until firm enough to scoop, about 30 minutes.
- ☐ Preheat the oven to 400 degrees F and butter 8 (7-ounce) ramekins. Coat the inside with 2 tablespoons of the sugar, making sure to tap out the excess.
- ☐ In a medium bowl combine the remaining chocolate with 1 cup of butter over a double boiler until melted, stirring occasionally.
- ☐ Remove from heat and cool to room temperature. In large bowl beat together the eggs, egg yolks and the remaining 1/2 cup of sugar until pale, thick and light. Sift the flour over top, and fold in the salt and almond extract. Fold in the cooled chocolate mixture until uniformly combined. Divide equally between the prepared ramekins.
- ☐ Using a small scoop or tablespoon, form the chilled ganache into 8 balls.
- ☐ Put 1 into the center of each ramekin and press down slightly to cover with the batter.
- ☐ (Cakes can be prepared to this point, covered and held in the refrigerator for a few hours until ready to bake.) Arrange the ramekins on a baking sheet and bake until the tops look set, about 10 to 12 minutes.
- ☐ Remove from oven and carefully invert the ramekins onto serving plates.

- ☐
- Garnish with raspberry sauce and reserved raspberries and serve immediately.
- ☐
- For Raspberry Sauce and
- ☐
- Reserve 8 raspberries for garnish. Mash the remaining raspberries through a fine meshed sieve into a small bowl. Discard the seeds.
- ☐
- Add the 2 tablespoons of superfine sugar and the Kirsch and whisk until the sugar is dissolved.

Nutrition Facts



Properties

Glycemic Index:76.55, Glycemic Load:25.39, Inflammation Score:-9, Nutrition Score:30.892608352329%

Flavonoids

Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 1251.76kcal (62.59%), Fat: 91.17g (140.27%), Saturated Fat: 52.76g (329.73%), Carbohydrates: 93.73g (31.24%), Net Carbohydrates: 79.14g (28.78%), Sugar: 68.04g (75.6%), Cholesterol: 493.67mg (164.56%), Sodium: 593.59mg (25.81%), Alcohol: 1.6g (100%), Alcohol %: 0.55% (100%), Caffeine: 73.14mg (24.38%), Protein: 16.11g (32.23%), Manganese: 1.97mg (98.6%), Copper: 1.22mg (61.17%), Fiber: 14.59g (58.38%), Selenium: 33.22µg (47.46%), Magnesium: 184.5mg (46.12%), Phosphorus: 434.98mg (43.5%), Iron: 7.66mg (42.58%), Vitamin A: 2107.15IU (42.14%), Vitamin C: 31.04mg (37.62%), Vitamin B2: 0.44mg (25.98%), Vitamin E: 3.85mg (25.63%), Zinc: 3.83mg (25.56%), Potassium: 768.15mg (21.95%), Folate: 80.67µg (20.17%), Vitamin B5: 1.96mg (19.55%), Vitamin K: 19.83µg (18.89%), Vitamin B12: 1µg (16.74%), Calcium: 149.81mg (14.98%), Vitamin D: 1.97µg (13.15%), Vitamin B6: 0.24mg (11.9%), Vitamin B1: 0.15mg (9.9%), Vitamin B3: 1.71mg (8.56%)