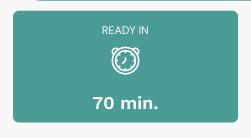


Molten Chocolate Cakes with Raspberry Sauce









Ingredients

0.3 teaspoon salt

T teaspoon aimond extract
1 cup butter cubed for ramekins
4 egg yolk
4 eggs
2 tablespoons flour all-purpose
2 tablespoons cup heavy whipping cream
1 tablespoon kirsch liqueur
1 pint raspberries fresh

П	12 ounces bittersweet chocolate divided chopped
	0.5 cup sugar for dusting
	2 tablespoons sugar
Eq	uipment
	bowl
	baking sheet
	oven
	whisk
	sieve
	ramekin
	double boiler
Diı	rections
	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
PROTEIN 5.12% FAT 65.13% CARBS 29.75%

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, Pelunidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 0.14mg, Peonidin: 0.14mg, Peoni

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%)