



Molten Chocolate-Caramel Cake

READY IN



45 min.

SERVINGS



8

CALORIES



565 kcal

DESSERT

Ingredients

- ☐ 7 ounces bittersweet chocolate finely chopped
- ☐ 0.1 lb butter
- ☐ 4 large eggs separated
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 8 servings powdered sugar
- ☐ 1 cup whipping cream

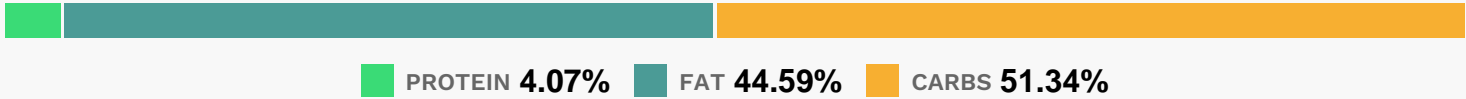
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ cake form
- ☐ skewers

Directions

- ☐ In a bowl set over a pan of barely simmering water (bottom of bowl should not touch water), stir chocolate until melted and smooth.
- ☐ Remove pan from heat but leave bowl over water to keep chocolate warm.
- ☐ In a 3- to 4-quart pan over medium heat, stir 2 cups granulated sugar in 1 cup water until sugar is dissolved. Increase heat to high and boil without stirring until mixture is a deep caramel color, 15 to 20 minutes. When sugar begins to brown around the edges of the pan, swirl pan gently to ensure the mixture caramelizes evenly.
- ☐ Remove from heat and immediately add cream and butter; whisk until smooth.
- ☐ Remove 1 cup caramel sauce and reserve.
- ☐ Remove chocolate from over water and whisk in egg yolks, then whisk mixture into caramel in pan.
- ☐ Whisk in flour.
- ☐ In a bowl, with a mixer on high speed, beat egg whites with remaining 2 tablespoons sugar just until soft peaks form. Fold a third of the egg whites into chocolate mixture, then gently fold in remaining whites until no streaks remain. Scrape mixture into a buttered and floured 8-inch cake pan.
- ☐ Bake in a 325 regular or convection oven until a wooden skewer inserted 2 inches from the side of the pan comes out clean but center of cake is still wet, 20 to 25 minutes.
- ☐ Cool cake in pan on a rack for 5 minutes, then run a knife between cake and pan rim. Invert cake onto a plate, then place another plate on top and invert to turn cake upright. Dust with powdered sugar and serve warm (see notes) with reserved caramel sauce.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:36.46, Inflammation Score:-5, Nutrition Score:7.9900000704371%

Nutrients (% of daily need)

Calories: 565.2kcal (28.26%), Fat: 28.56g (43.93%), Saturated Fat: 16.74g (104.61%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 71.9g (26.15%), Sugar: 67.8g (75.34%), Cholesterol: 143.34mg (47.78%), Sodium: 92.3mg (4.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 21.33mg (7.11%), Protein: 5.86g (11.73%), Manganese: 0.36mg (17.87%), Selenium: 12.02µg (17.18%), Copper: 0.34mg (16.95%), Vitamin A: 761.84IU (15.24%), Phosphorus: 135.99mg (13.6%), Magnesium: 49.5mg (12.38%), Vitamin B2: 0.21mg (12.33%), Iron: 2.2mg (12.2%), Fiber: 2.06g (8.24%), Zinc: 1.08mg (7.22%), Vitamin D: 0.98µg (6.51%), Potassium: 209.28mg (5.98%), Vitamin E: 0.85mg (5.66%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.33µg (5.45%), Calcium: 51.72mg (5.17%), Folate: 18.3µg (4.57%), Vitamin K: 3.32µg (3.16%), Vitamin B6: 0.06mg (3.14%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.41mg (2.07%)