



Molten Chocolate Espresso Cakes



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



553 kcal

DESSERT

Ingredients

- 1 serving cocoa powder unsweetened
- 6 oz bittersweet chocolate chopped
- 0.8 cup butter cut into pieces
- 2 teaspoons espresso powder instant
- 1 teaspoon vanilla
- 0.3 teaspoon ground cinnamon
- 4 eggs
- 1.5 cups powdered sugar

- 1 serving whipped cream
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- hand mixer
- spatula

Directions

- Heat oven to 450°F. Grease bottoms and sides of 6 (6-oz) custard cups with butter; sprinkle with cocoa.
- Place on 15x10x1-inch pan.
- In 2-quart saucepan, melt chocolate and 3/4 cup butter over low heat, stirring occasionally.
- Remove from heat. Stir in espresso powder, vanilla and cinnamon.
- In large bowl, beat eggs and powdered sugar with electric mixer on low speed, scraping bowl occasionally, until blended. Gradually add chocolate mixture, beating on low speed, then gradually add Bisquick mix, beating until blended. Divide batter evenly among custard cups.
- Bake 10 to 12 minutes or until sides are set and centers are still soft (tops will be puffed and slightly cracked).
- Let stand 3 minutes.
- Serve in cups, or to unmold before serving, run small knife or metal spatula along sides of cakes to loosen. Immediately place heatproof serving plate upside down over each cup; turn plate and cup over and remove cup.
- Sprinkle with additional powdered sugar, if desired.
- Serve warm with ice cream.

Nutrition Facts

PROTEIN 4.41% FAT 60.9% CARBS 34.69%

Properties

Glycemic Index:11, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:8.9508695459884%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 553.26kcal (27.66%), Fat: 37.73g (58.04%), Saturated Fat: 12.66g (79.15%), Carbohydrates: 48.36g (16.12%), Net Carbohydrates: 45.91g (16.7%), Sugar: 42.28g (46.97%), Cholesterol: 115.66mg (38.55%), Sodium: 321.69mg (13.99%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Caffeine: 35.23mg (11.74%), Protein: 6.15g (12.3%), Vitamin A: 1234.1IU (24.68%), Manganese: 0.41mg (20.71%), Copper: 0.39mg (19.35%), Selenium: 11.83µg (16.9%), Phosphorus: 152.19mg (15.22%), Magnesium: 57.86mg (14.46%), Iron: 2.38mg (13.21%), Vitamin B2: 0.19mg (11.29%), Fiber: 2.45g (9.8%), Vitamin E: 1.39mg (9.27%), Zinc: 1.22mg (8.16%), Potassium: 251.31mg (7.18%), Vitamin B12: 0.38µg (6.39%), Vitamin B5: 0.62mg (6.24%), Calcium: 58.49mg (5.85%), Vitamin D: 0.61µg (4.06%), Folate: 14.68µg (3.67%), Vitamin B6: 0.07mg (3.4%), Vitamin K: 2.2µg (2.09%), Vitamin B3: 0.38mg (1.9%), Vitamin B1: 0.03mg (1.89%)