



Molten Chocolate Liquor Cakes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



404 kcal

DESSERT

Ingredients

- 100 g chocolate dark chopped
- 2 egg yolk
- 2 eggs
- 1 tablespoon rum per ramekin (or according to taste)
- 1 tablespoon rum per ramekin (or according to taste)
- 180 g powdered sugar
- 0.3 teaspoon salt
- 0.3 pound butter unsalted (1 stick)

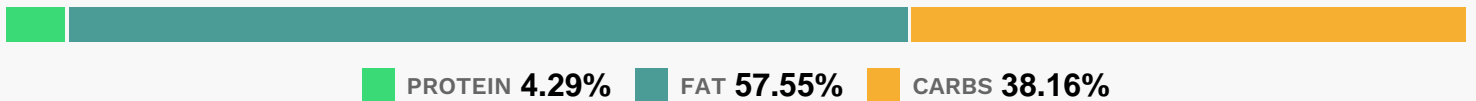
Equipment

- oven
- knife
- plastic wrap
- ramekin
- double boiler

Directions

- Melt the chocolate and butter together in bain-marie and then let cool for a few minutes. Whip eggs, egg yolks, sugar and a pinch of salt until a light yellow color.
- Add the melted chocolate and the flour. Grease and flour 5 or 6 ramekins (or oven-proof glass cups) tapping out the excess flour. Divide the chocolate cream among the ramekins
- Stir in 1 tablespoon of liquor into each ramekin and stir. Cover with plastic wrap and place in the refrigerator for about one hour or until you are ready to bake. Pre-heat the oven to 450 F (230 C) and bake for about 13 minutes.
- Remove from the oven, edges should be firm but the center will be runny. Run a sharp knife around each cake and unmold onto serving plates.
- Sprinkle with powdered sugar and serve immediately.

Nutrition Facts



Properties

Glycemic Index: 8.83, Glycemic Load: 1.34, Inflammation Score: -4, Nutrition Score: 6.75%

Taste

Sweetness: 100%, Saltiness: 22.56%, Sourness: 7.52%, Bitterness: 25.88%, Savoriness: 13.42%, Fattiness: 69.88%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 403.72kcal (20.19%), Fat: 25.42g (39.11%), Saturated Fat: 14.82g (92.64%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 36.11g (13.13%), Sugar: 33.44g (37.15%), Cholesterol: 160.49mg (53.5%), Sodium: 126.66mg (5.51%), Alcohol: 1.67g (9.28%), Caffeine: 13.33mg (4.44%), Protein: 4.26g (8.52%), Manganese: 0.34mg (16.76%), Copper: 0.32mg (15.79%), Iron: 2.43mg (13.49%), Selenium: 9.37µg (13.38%), Vitamin A: 644.52IU (12.89%), Phosphorus: 108.51mg (10.85%), Magnesium: 40.44mg (10.11%), Vitamin B2: 0.12mg (7.3%), Fiber: 1.82g (7.27%), Vitamin D: 0.9µg (6.01%), Zinc: 0.9mg (6.01%), Vitamin E: 0.85mg (5.64%), Vitamin B12: 0.33µg (5.44%), Vitamin B5: 0.49mg (4.95%), Potassium: 151.2mg (4.32%), Folate: 16.22µg (4.06%), Calcium: 33.02mg (3.3%), Vitamin B6: 0.05mg (2.64%), Vitamin K: 2.63µg (2.5%), Vitamin B1: 0.02mg (1.56%)