



## Molten Chocolate-Nutella Pudding Cakes

READY IN



25 min.

SERVINGS



6

CALORIES



575 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 4 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 6 tablespoons nutella
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 1 cup sugar
- ☐ 8 tablespoons butter unsalted cut into pieces (1 stick)
- ☐ 0.5 cup cocoa unsweetened

☐ 1 teaspoon vanilla extract

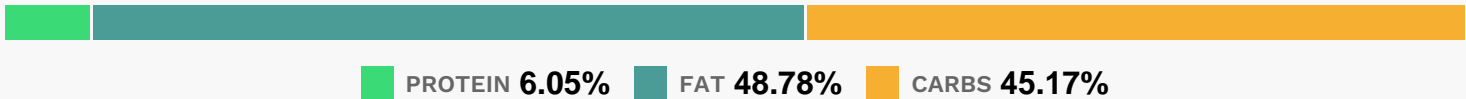
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer
- ☐ roasting pan
- ☐ microwave

## Directions

- ☐ Preheat oven to 350F. Mist 6 6-oz. ramekins with cooking spray.
- ☐ Place a roasting pan in oven; pour in 1/2 inch of hot water. In a bowl, whisk flour, cocoa and baking powder.
- ☐ Combine chocolate and butter in a microwave-safe bowl; cook on high, stirring once or twice, until almost melted, 1 to 2 minutes.
- ☐ Whisk until smooth.
- ☐ In a bowl, with an electric mixer on medium-high speed, beat eggs, vanilla, sugar and salt until pale yellow, about 5 minutes. Beat in melted chocolate mixture. Stir in flour mixture. Spoon half of batter into ramekins. Drop 1 Tbsp. of Nutella into center of each. Cover with remaining batter.
- ☐ Transfer ramekins to roasting pan.
- ☐ Bake until cakes have risen and are cracked on top, about 30 minutes.
- ☐ Let cool for 5 minutes.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:44.4, Glycemic Load:32.2, Inflammation Score:-6, Nutrition Score:13.351304261581%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 575.34kcal (28.77%), Fat: 32.24g (49.59%), Saturated Fat: 20.64g (129.03%), Carbohydrates: 67.18g (22.39%), Net Carbohydrates: 61.73g (22.45%), Sugar: 50.57g (56.19%), Cholesterol: 165.27mg (55.09%), Sodium: 193.2mg (8.4%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Caffeine: 34.03mg (11.34%), Protein: 9g (17.99%), Manganese: 0.77mg (38.51%), Copper: 0.64mg (31.96%), Selenium: 17.43µg (24.9%), Iron: 4.13mg (22.92%), Magnesium: 87.7mg (21.93%), Phosphorus: 218.94mg (21.89%), Fiber: 5.44g (21.78%), Vitamin B2: 0.28mg (16.18%), Vitamin A: 656.48IU (13.13%), Vitamin E: 1.83mg (12.17%), Zinc: 1.71mg (11.39%), Potassium: 354.76mg (10.14%), Folate: 40.17µg (10.04%), Calcium: 85.63mg (8.56%), Vitamin B1: 0.12mg (8.23%), Vitamin B5: 0.72mg (7.18%), Vitamin B12: 0.41µg (6.87%), Vitamin D: 0.95µg (6.31%), Vitamin B3: 1.04mg (5.22%), Vitamin B6: 0.09mg (4.6%), Vitamin K: 3.33µg (3.17%)