



## Molten Chocolate Surprise

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter
- 12 chocolate chip cookie mix (2 inch)
- 2 egg yolks
- 0.3 cup flour
- 1 cup powdered sugar
- 4 oz baker's semi-sweet chocolate
- 0.5 cup cool whip whipped topping thawed
- 2 eggs whole

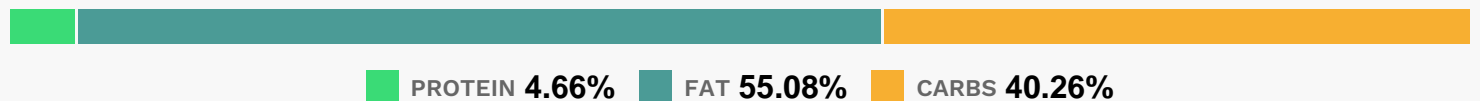
## Equipment

- bowl
- frying pan
- oven
- whisk
- microwave
- muffin tray

## Directions

- Heat oven to 425F.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted. Beat whole eggs, yolks, sugar and flour with whisk until blended. Gradually beat into chocolate mixture.
- Line 12 muffin pan cups with paper liners; spray with cooking spray.
- Place 1 cookie, upside-down, in each cup; cover with batter.
- Bake 8 min. or until cakes are firm around edges but still soft in centers. Cool in pan 1 min. Carefully remove cakes from pan. Invert into dessert dishes; remove paper liners.
- Serve desserts topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:4.95, Glycemic Load:2.59, Inflammation Score:-2, Nutrition Score:1.9669565277417%

## Nutrients (% of daily need)

Calories: 123.23kcal (6.16%), Fat: 7.59g (11.68%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.93g (4.34%), Sugar: 8.45g (9.39%), Cholesterol: 29.37mg (9.79%), Sodium: 69.12mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.45g (2.89%), Selenium: 2.9µg (4.14%), Vitamin A: 205.55IU (4.11%), Manganese: 0.07mg (3.67%), Copper: 0.06mg (3.16%), Phosphorus: 30.92mg (3.09%), Iron: 0.53mg (2.96%), Vitamin B2: 0.05mg (2.8%), Magnesium: 10.83mg (2.71%), Folate: 10.43µg (2.61%), Vitamin B1:

0.04mg (2.44%), Fiber: 0.56g (2.22%), Vitamin E: 0.25mg (1.67%), Zinc: 0.24mg (1.59%), Potassium: 47.06mg (1.34%), Vitamin B12: 0.08µg (1.25%), Vitamin B3: 0.25mg (1.24%), Vitamin B5: 0.12mg (1.22%)