



Molten Dark Chocolate Cakes

READY IN



35 min.

SERVINGS



6

CALORIES



481 kcal

DESSERT

Ingredients

- ☐ 7 ounces bittersweet chocolate chopped
- ☐ 0.5 cup powdered sugar
- ☐ 2 large egg yolk
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 pinch salt
- ☐ 8 tablespoons butter unsalted cut into pieces (1 stick)

- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ spatula

Directions

- ☐ Preheat oven to 450F. Butter 6 3/4-cup ramekins.
- ☐ Place chocolate and butter in a saucepan over lowest heat setting and cook, stirring constantly with a flexible spatula, until melted and smooth.
- ☐ Remove from heat, pour into a bowl and let cool slightly.
- ☐ In a small bowl, mix flour, salt and espresso powder together with a fork. In a large bowl, using a wire whisk, beat eggs, yolks, cream and vanilla.
- ☐ Whisk in confectioners' sugar, just until combined. Fold chocolate mixture into egg mixture, then stir in flour mixture, just until combined (you shouldn't see any traces of flour, but try not to mix more than necessary).
- ☐ Use a spoon to divide chocolate mixture among ramekins.
- ☐ Place ramekins on a baking sheet and bake for 10 minutes.
- ☐ Remove and let stand for 1 minute. Run a knife around inside edge of each ramekin and invert cakes onto plates.
- ☐ Serve hot, with a dusting of confectioners' sugar, if desired.

Nutrition Facts



 PROTEIN **5.46%**  FAT **64.51%**  CARBS **30.03%**

Properties

Glycemic Index:12.5, Glycemic Load:5.75, Inflammation Score:-6, Nutrition Score:10.273913116883%

Nutrients (% of daily need)

Calories: 481.05kcal (24.05%), Fat: 34.58g (53.2%), Saturated Fat: 20.24g (126.47%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 33.29g (12.11%), Sugar: 22.43g (24.92%), Cholesterol: 176.52mg (58.84%), Sodium: 41.48mg (1.8%), Alcohol: 0.23g (100%), Alcohol %: 0.28% (100%), Caffeine: 38.91mg (12.97%), Protein: 6.58g (13.17%), Manganese: 0.53mg (26.28%), Copper: 0.45mg (22.49%), Selenium: 15.19µg (21.69%), Iron: 3.06mg (16.97%), Phosphorus: 163.63mg (16.36%), Magnesium: 65.02mg (16.26%), Vitamin A: 800.51IU (16.01%), Vitamin B2: 0.2mg (11.85%), Fiber: 2.93g (11.71%), Folate: 36.13µg (9.03%), Zinc: 1.34mg (8.92%), Vitamin B1: 0.11mg (7.47%), Potassium: 254.74mg (7.28%), Vitamin D: 1.08µg (7.19%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.62mg (6.16%), Vitamin B12: 0.37µg (6.1%), Vitamin B3: 1.02mg (5.09%), Calcium: 50.38mg (5.04%), Vitamin K: 4.13µg (3.94%), Vitamin B6: 0.07mg (3.41%)