



Molten Flourless Chocolate Cake



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



365 kcal

DESSERT

Ingredients

- ☐ 4 large eggs
- ☐ 6 servings powdered sugar for decorating
- ☐ 8 ounces bittersweet chocolate
- ☐ 2 ounces butter unsalted ()

Equipment

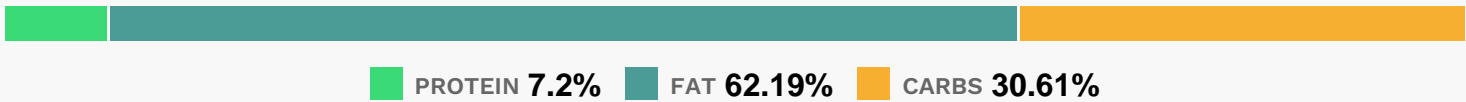
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ ramekin
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ muffin tray

Directions

- ☐ Preheat oven to 42
- ☐ Place a saucepan of water on high heat.
- ☐ Heat to a boil, then reduce to simmer.
- ☐ In a mixing bowl, crack eggs and warm them over simmering water for 1 minute (hold bowl directly over the water, using a dish towel to protect your hands), whisking constantly.
- ☐ Remove eggs from heat, and whisk for another minute until eggs are very fluffy. Meanwhile, put the chocolate and butter in a large, heatproof, stainless-steel or tempered-glass bowl; set it over the simmering water, making sure the water doesn't touch the bowl.
- ☐ Let the chocolate and butter melt; remove from heat.
- ☐ Let mixture cool slightly by stirring occasionally, about 5 minutes.
- ☐ Once slightly cooled, fold the chocolate and butter into the whipped eggs until no more streaks show. Batter will deflate.
- ☐ Spray 6 (4-ounce) ramekins or ovenproof dessert cups with nonstick cooking spray (or use foil cups, or even muffin tins). Fill them 3/4 of the way full and place on a baking sheet.
- ☐ Bake for 10–12 minutes, depending on how gooey you'd like the centers. Turn the cakes out onto dessert plates, and serve immediately with a sprinkle of powdered sugar.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:9.1739130331122%

Nutrients (% of daily need)

Calories: 365.4kcal (18.27%), Fat: 25.32g (38.95%), Saturated Fat: 14.23g (88.91%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 25.02g (9.1%), Sugar: 21.83g (24.25%), Cholesterol: 146.59mg (48.86%), Sodium: 52.31mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.51mg (10.84%), Protein: 6.59g (13.19%), Manganese: 0.51mg (25.54%), Copper: 0.5mg (24.89%), Selenium: 13.55µg (19.36%), Magnesium: 70.72mg (17.68%), Phosphorus: 166.55mg (16.65%), Iron: 2.98mg (16.55%), Fiber: 3.02g (12.1%), Vitamin B2: 0.18mg (10.33%), Zinc: 1.44mg (9.61%), Vitamin A: 435.05IU (8.7%), Potassium: 262.75mg (7.51%), Vitamin B12: 0.38µg (6.35%), Vitamin B5: 0.63mg (6.35%), Vitamin D: 0.81µg (5.39%), Vitamin E: 0.79mg (5.28%), Calcium: 44.45mg (4.45%), Folate: 15.95µg (3.99%), Vitamin B6: 0.07mg (3.49%), Vitamin K: 3.48µg (3.32%), Vitamin B1: 0.03mg (1.73%), Vitamin B3: 0.35mg (1.73%)