



Molten Lava Cakes

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

758 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 pinch cayenne
- ☐ 2.5 cups confectioners' sugar
- ☐ 6 large egg yolks
- ☐ 6 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch nutmeg
- ☐ 12 ounces bittersweet chocolate chopped

- ☐ 4 teaspoons sugar
- ☐ 2 sticks butter unsalted plus more for ramekins
- ☐ 1.5 teaspoons vanilla extract

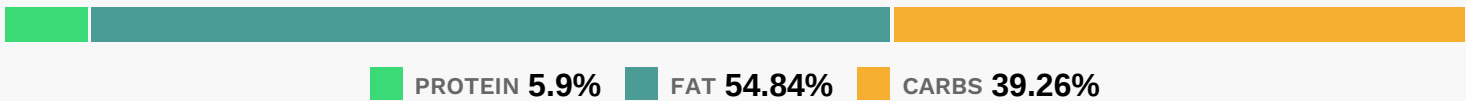
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Butter 8 (6-ounce) ramekins and sprinkle each with about 1/2 teaspoon sugar.
- ☐ In a saucepan combine butter, cinnamon, cayenne, nutmeg, and chocolate over low heat until melted and smooth; stir frequently. Cool slightly.
- ☐ In a large bowl whisk together flour, confectioners' sugar, eggs and yolks, vanilla extract and almond extract until creamy.
- ☐ Add melted chocolate to the batter and whisk together.
- ☐ Pour into prepared ramekins.
- ☐ Bake cakes until the top is stiff and cracked and the edges are dark, about 12 to 14 minutes.
- ☐ Remove from the oven and let cool for 5 minutes. Loosen the edges of the cake with a small paring knife then invert onto plates while warm.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:10.05, Inflammation Score:-7, Nutrition Score:15.690000037298%

Nutrients (% of daily need)

Calories: 757.78kcal (37.89%), Fat: 46.36g (71.32%), Saturated Fat: 26.33g (164.56%), Carbohydrates: 74.67g (24.89%), Net Carbohydrates: 70.75g (25.73%), Sugar: 54.72g (60.8%), Cholesterol: 340.49mg (113.5%), Sodium: 67.94mg (2.95%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 36.57mg (12.19%), Protein: 11.22g (22.45%), Selenium: 28.05µg (40.07%), Manganese: 0.72mg (35.91%), Copper: 0.6mg (29.99%), Phosphorus: 258.64mg (25.86%), Iron: 4.46mg (24.79%), Vitamin A: 1119.28IU (22.39%), Magnesium: 84.43mg (21.11%), Vitamin B2: 0.35mg (20.88%), Folate: 65.8µg (16.45%), Fiber: 3.92g (15.68%), Zinc: 2.05mg (13.66%), Vitamin D: 1.86µg (12.41%), Vitamin B5: 1.18mg (11.84%), Vitamin B12: 0.71µg (11.78%), Vitamin B1: 0.18mg (11.72%), Vitamin E: 1.64mg (10.97%), Potassium: 333.76mg (9.54%), Calcium: 74.94mg (7.49%), Vitamin B3: 1.33mg (6.65%), Vitamin B6: 0.13mg (6.58%), Vitamin K: 5.34µg (5.08%)