



Molten Mocha Cakes

READY IN



31 min.

SERVINGS



31

CALORIES



172 kcal

DESSERT

Ingredients

- 1 cup butter
- 4 egg yolks
- 0.8 cup flour
- 0.5 cup maxwell house international suisse mocha
- 2 cups powdered sugar
- 2 Tbsp powdered sugar
- 1 cup raspberries fresh
- 8 oz baker's semi-sweet chocolate
- 5 eggs whole

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- ramekin
- microwave

Directions

- Heat oven to 425F.
- Spray 8 (6-oz.) ramekins or souffl dishes with cooking spray.
- Place on baking sheet.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted.
- Whisk until chocolate is completely melted and mixture is well blended.
- Add flavored instant coffee and 2 cups powdered sugar; mix well.
- Add whole eggs and egg yolks; stir until blended. Stir in flour. Spoon into prepared ramekins.
- Bake 15 to 16 min. or until cakes are firm around edges but soft in the centers.
- Let stand 1 min. Run small knife around cakes to loosen. Carefully unmold cakes onto dessert plates.
- Add raspberries.
- Sprinkle cakes with 2 Tbsp. powdered sugar.
- Cut in half.
- Serve immediately.

Nutrition Facts



■ PROTEIN 5.37% ■ FAT 56.41% ■ CARBS 38.22%

Properties

Glycemic Index:4.87, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:3.375652131827%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 172.44kcal (8.62%), Fat: 10.91g (16.78%), Saturated Fat: 6.24g (38.98%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 15.5g (5.64%), Sugar: 12.15g (13.5%), Cholesterol: 68.02mg (22.67%), Sodium: 59.96mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.3mg (9.77%), Protein: 2.34g (4.68%), Manganese: 0.16mg (8.12%), Selenium: 5.33µg (7.61%), Copper: 0.12mg (6.1%), Phosphorus: 51.98mg (5.2%), Vitamin A: 259.74IU (5.19%), Iron: 0.9mg (4.99%), Magnesium: 18.44mg (4.61%), Fiber: 1.12g (4.5%), Vitamin B2: 0.08mg (4.47%), Folate: 13.38µg (3.34%), Zinc: 0.42mg (2.8%), Vitamin E: 0.39mg (2.6%), Vitamin B5: 0.24mg (2.37%), Vitamin B1: 0.04mg (2.34%), Vitamin B12: 0.13µg (2.23%), Potassium: 74.19mg (2.12%), Vitamin D: 0.27µg (1.78%), Calcium: 17.51mg (1.75%), Vitamin K: 1.55µg (1.48%), Vitamin B3: 0.29mg (1.44%), Vitamin B6: 0.03mg (1.37%), Vitamin C: 1.01mg (1.23%)