



Orange Chocolate Lava Cakes

READY IN



30 min.

SERVINGS



4

CALORIES



405 kcal

DESSERT

Ingredients

- ☐ 0.8 cup bittersweet chocolate chips
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon olive oil extra-virgin plus more for drizzling
- ☐ 1 cranberry-orange relish cut into supremes
- ☐ 1 orange zest
- ☐ 4 servings sea salt for sprinkling
- ☐ 0.3 cup sugar
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

☐ 1 eggs whole

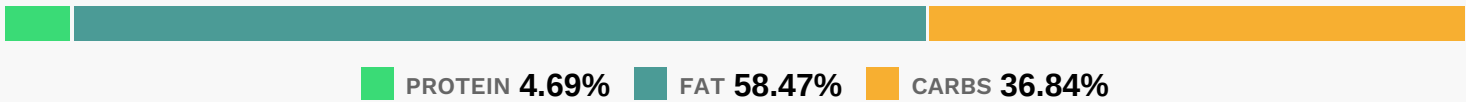
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F. Spray a muffin tin with nonstick cooking spray.
- ☐ Melt the chocolate, butter and oil in a medium bowl in the microwave until completely melted, about 1 minute.
- ☐ Whisk the mixture until smooth. Stir in the orange zest and cool slightly.
- ☐ Whisk the sugar, egg and yolk until pale in a medium bowl.
- ☐ Whisk in the melted chocolate mixture. Stir in the flour and vanilla until smooth. Divide the batter among four prepared muffin tins.
- ☐ Bake the cakes until just barely dry on top (they will be soft in the middle), about 12 minutes.
- ☐ Remove the cakes from the oven and cool, about 5 minutes.
- ☐ Gently flip the cakes onto a plate.
- ☐ Sprinkle the cakes with sea salt and top with the orange supremes.
- ☐ Drizzle with a bit of oil.

Nutrition Facts



Properties

Glycemic Index:46.9, Glycemic Load:11.07, Inflammation Score:-4, Nutrition Score:7.2465216491533%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 405.43kcal (20.27%), Fat: 26.6g (40.93%), Saturated Fat: 17.82g (111.34%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 35.27g (12.83%), Sugar: 27.23g (30.25%), Cholesterol: 71.36mg (23.79%), Sodium: 247.48mg (10.76%), Alcohol: 0.34g (100%), Alcohol %: 0.38% (100%), Protein: 4.8g (9.61%), Vitamin C: 21.67mg (26.27%), Calcium: 130.38mg (13.04%), Vitamin E: 1.54mg (10.28%), Vitamin A: 498.92IU (9.98%), Fiber: 2.44g (9.75%), Zinc: 1.39mg (9.28%), Selenium: 6.18µg (8.82%), Potassium: 301.63mg (8.62%), Vitamin B2: 0.14mg (8.44%), Phosphorus: 74.96mg (7.5%), Folate: 26.83µg (6.71%), Vitamin B1: 0.09mg (5.72%), Vitamin K: 5.72µg (5.45%), Vitamin B5: 0.54mg (5.42%), Copper: 0.09mg (4.69%), Magnesium: 18.22mg (4.56%), Iron: 0.8mg (4.46%), Vitamin B6: 0.09mg (4.45%), Manganese: 0.08mg (3.76%), Vitamin B12: 0.22µg (3.6%), Vitamin B3: 0.6mg (3%), Vitamin D: 0.43µg (2.87%)