



Orange Java Cakes

READY IN



15 min.

SERVINGS



6

CALORIES



868 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 1 tablespoon butter
- ☐ 8 ounces bittersweet chocolate morsels
- ☐ 4 egg yolks
- ☐ 4 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon coffee granules instant
- ☐ 0.3 cup orange liqueur
- ☐ 1 teaspoon orange zest

- ☐ 2 cups powdered sugar
- ☐ 6 servings garnish: powdered sugar
- ☐ 1 pinch salt

Equipment

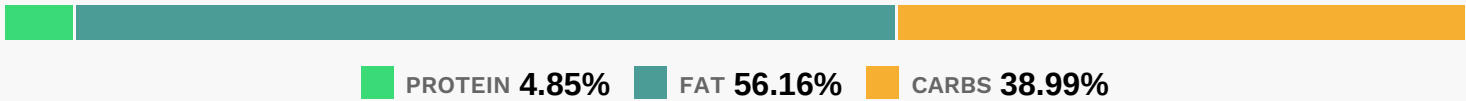
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ microwave

Directions

- ☐ Preheat oven to 425
- ☐ Grease 6 (6-oz.) ramekins or individual souffl dishes with 1 Tbsp. butter.
- ☐ Microwave 1 cup butter and chocolate morsels in a microwave-safe bowl at HIGH 2 minutes or until chocolate is melted and mixture is smooth, whisking at 1-minute intervals.
- ☐ Beat egg yolks and eggs at medium speed with an electric mixer 1 minute. Gradually add chocolate mixture, beating at low speed until well blended.
- ☐ Sift together sugar and next 3 ingredients. Gradually whisk sugar mixture into chocolate mixture until well blended.
- ☐ Whisk in orange liqueur and orange zest. Divide batter among prepared ramekins.
- ☐ Place ramekins in a 15- x 10-inch jelly-roll pan.
- ☐ Bake at 425 for 14 to 16 minutes or until a thermometer inserted into cakes registers 160
- ☐ Remove from oven, and let stand 10 minutes. Run a knife around outer edge of each cake to loosen. Carefully invert cakes onto dessert plates.
- ☐ Garnish, if desired.

Note: For testing purposes only, we used Ghirardelli 60% Cacao Bittersweet Chocolate Chips and Grand Marnier for orange liqueur.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:8.64, Inflammation Score:-7, Nutrition Score:14.777391343013%

Nutrients (% of daily need)

Calories: 867.95kcal (43.4%), Fat: 53.59g (82.45%), Saturated Fat: 31.2g (194.99%), Carbohydrates: 83.71g (27.9%), Net Carbohydrates: 80.23g (29.17%), Sugar: 64.24g (71.38%), Cholesterol: 342.23mg (114.08%), Sodium: 323.74mg (14.08%), Alcohol: 2.56g (100%), Alcohol %: 1.64% (100%), Caffeine: 40.3mg (13.43%), Protein: 10.41g (20.82%), Selenium: 26.17µg (37.38%), Manganese: 0.63mg (31.49%), Vitamin A: 1377.1IU (27.54%), Copper: 0.54mg (26.77%), Phosphorus: 238.76mg (23.88%), Iron: 4.08mg (22.65%), Vitamin B2: 0.34mg (19.75%), Magnesium: 76.28mg (19.07%), Folate: 63.09µg (15.77%), Fiber: 3.48g (13.92%), Zinc: 1.86mg (12.42%), Vitamin E: 1.82mg (12.16%), Vitamin B1: 0.17mg (11.47%), Vitamin B12: 0.67µg (11.12%), Vitamin B5: 1.1mg (10.98%), Potassium: 310.28mg (8.87%), Vitamin D: 1.31µg (8.76%), Calcium: 70.92mg (7.09%), Vitamin B3: 1.35mg (6.74%), Vitamin B6: 0.12mg (6.01%), Vitamin K: 5.77µg (5.49%)