



Rum Fudge Cakes

READY IN



45 min.

SERVINGS



48

CALORIES



153 kcal

DESSERT

Ingredients

- 1 cup butter
- 4 ounce chocolate squares unsweetened
- 3 large eggs
- 1 cup flour all-purpose
- 0.3 cup heavy whipping cream
- 48 servings powdered sugar
- 1.5 teaspoons rum extract
- 4 ounce semisweet chocolate squares
- 1 cup semisweet mini-morsels

1.3 cups sugar

Equipment

sauce pan

oven

wire rack

Directions

Melt butter and 8 ounces chocolate in a heavy saucepan over medium-low heat, stirring often.

Remove from heat, and cool completely. Stir in sugar, whipping cream, and rum extract until blended.

Add eggs, 1 at a time, stirring until blended after each addition. Gradually fold in flour. Stir in mini-morsels.

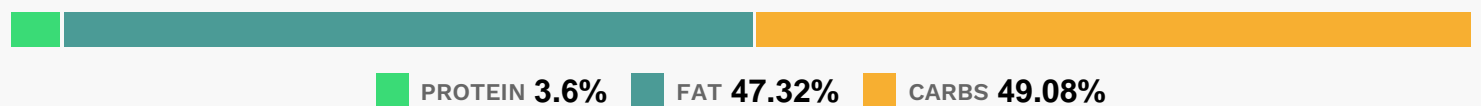
Spoon batter into lightly greased miniature (1 3/4") muffin pans, filling almost full.

Bake at 375 for 14 minutes or until a wooden pick inserted in center of cakes comes out clean.

Remove to a wire rack to cool.

Sprinkle cakes with powdered sugar before serving.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:5.32, Inflammation Score:-2, Nutrition Score:2.6621739168692%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 153.21kcal (7.66%), Fat: 8.35g (12.85%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 18.53g (6.74%), Sugar: 15.7g (17.45%), Cholesterol: 24.03mg (8.01%), Sodium: 36.74mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.15mg (2.38%), Protein: 1.43g (2.86%), Manganese: 0.2mg

(9.93%), Copper: 0.16mg (7.99%), Iron: 0.98mg (5.46%), Magnesium: 19.64mg (4.91%), Selenium: 2.73µg (3.89%), Fiber: 0.95g (3.81%), Phosphorus: 36.44mg (3.64%), Vitamin A: 162.41IU (3.25%), Zinc: 0.46mg (3.05%), Vitamin B2: 0.04mg (2.34%), Vitamin B1: 0.03mg (1.85%), Potassium: 64.34mg (1.84%), Folate: 7.1µg (1.78%), Vitamin E: 0.2mg (1.37%), Vitamin B3: 0.24mg (1.21%), Calcium: 10.68mg (1.07%), Vitamin K: 1.07µg (1.02%)