



Saucy Center Chocolate Cakes

READY IN



40 min.

SERVINGS



7

CALORIES



449 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons dave's vanilla and coffee syrup
- ☐ 4 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 7 servings powdered sugar
- ☐ 8 oz bittersweet chocolate chopped
- ☐ 0.5 cup sugar

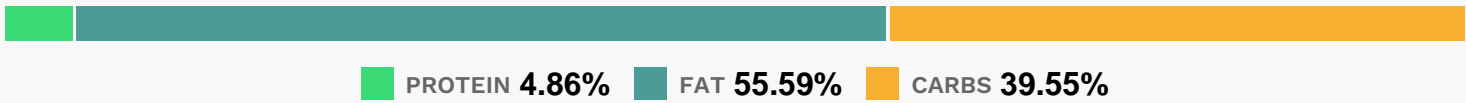
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 400°F. Generously grease and lightly flour seven 6-oz. custard cups. In medium saucepan, melt butter and chocolate over low heat, stirring until smooth. Set aside.
- ☐ In medium bowl, combine eggs and syrup; beat with electric mixer at high speed until foamy. Gradually beat in sugar; continue beating at high speed for 2 minutes until light and thickened.
- ☐ Add flour and chocolate mixture; beat at low speed just until blended. Fill each greased and floured custard cup about 3/4 full.
- ☐ Place cups on cookie sheet.
- ☐ Bake at 400°F. for 11 to 15 minutes or until cakes have formed top crust, but are still soft in center. Cool 5 minutes. Invert cakes onto individual dessert plates. Sift powdered sugar over cakes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:42.16, Glycemic Load:14.98, Inflammation Score:-4, Nutrition Score:8.1491305102473%

Nutrients (% of daily need)

Calories: 449.04kcal (22.45%), Fat: 28.02g (43.11%), Saturated Fat: 16.26g (101.64%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 42.2g (15.34%), Sugar: 36.74g (40.83%), Cholesterol: 130.34mg (43.45%), Sodium: 145.09mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 27.86mg (9.29%), Protein: 5.51g (11.02%), Manganese: 0.45mg (22.59%), Copper: 0.43mg (21.43%), Selenium: 11.5µg (16.42%), Magnesium: 61.06mg (15.27%), Iron: 2.61mg (14.47%), Phosphorus: 140.46mg (14.05%), Vitamin A: 557.17IU (11.14%), Fiber: 2.65g (10.6%), Vitamin B2: 0.15mg (8.92%), Zinc: 1.22mg (8.15%), Potassium: 226.63mg (6.48%), Vitamin E: 0.83mg (5.55%), Vitamin B12:

0.31µg (5.16%), Vitamin B5: 0.51mg (5.1%), Folate: 16.23µg (4.06%), Calcium: 38.95mg (3.89%), Vitamin K: 3.55µg (3.38%), Vitamin D: 0.5µg (3.35%), Vitamin B6: 0.06mg (2.76%), Vitamin B1: 0.04mg (2.54%), Vitamin B3: 0.42mg (2.12%)