



Single-Girl Melty Chocolate Peanut Butter Cake

READY IN



25 min.

SERVINGS



1

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate chips
- ☐ 1 large eggs
- ☐ 1 teaspoon flour
- ☐ 1 tablespoon peanut butter
- ☐ 1 pinch salt
- ☐ 4 teaspoons sugar
- ☐ 0.5 teaspoon butter unsalted divided
- ☐ 1 tsp cocoa powder unsweetened (or use flour or sugar)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Preheat oven to 375 and set a baking sheet on rack in center of oven. Grease a 3/4-cup ramekin with 1/2 tsp. butter, then dust with unsweetened cocoa. Set aside.
- ☐ Put 1 tbsp. butter and the chocolate chips in a small heatproof bowl set over a small pan of simmering water.
- ☐ Heat, stirring, until chocolate melts; let cool a few minutes.
- ☐ Whisk egg, sugar, and peanut butter in a small bowl to blend.
- ☐ Whisk in chocolate mixture until well incorporated, then stir in salt and flour just until combined.
- ☐ Pour batter into ramekin. Set on baking sheet and bake until as done as you like, 7 to 10 minutes for a molten center (a 3/4-in. ring around the edge will look dull) or 10 to 12 minutes for a soft center (cake edge will puff slightly).
- ☐ Let cake cool 2 minutes. Protecting hands, invert onto a plate. Eat right away.

Nutrition Facts



Properties

Glycemic Index:159.09, Glycemic Load:12.67, Inflammation Score:-3, Nutrition Score:12.515652046255%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 499.11kcal (24.96%), Fat: 29.3g (45.07%), Saturated Fat: 17.6g (109.99%), Carbohydrates: 47.31g (15.77%), Net Carbohydrates: 44.4g (16.15%), Sugar: 33.2g (36.89%), Cholesterol: 191.82mg (63.94%), Sodium: 227.23mg (9.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.98%), Selenium: 19.29µg (27.55%), Phosphorus: 220.04mg (22%), Vitamin B2: 0.36mg (20.9%), Vitamin E: 2.75mg (18.33%), Manganese: 0.36mg (18.22%), Zinc: 2.73mg (18.17%), Calcium: 174.55mg (17.46%), Vitamin B3: 2.77mg (13.87%), Magnesium: 54.72mg (13.68%), Potassium: 462.36mg (13.21%), Vitamin B5: 1.29mg (12.88%), Folate: 50.76µg (12.69%), Fiber: 2.9g (11.61%), Copper: 0.23mg (11.39%), Iron: 1.97mg (10.96%), Vitamin B6: 0.22mg (10.83%), Vitamin B12: 0.58µg (9.59%), Vitamin D: 1.04µg (6.92%), Vitamin B1: 0.1mg (6.91%), Vitamin A: 336.98IU (6.74%), Vitamin K: 3.87µg (3.68%)