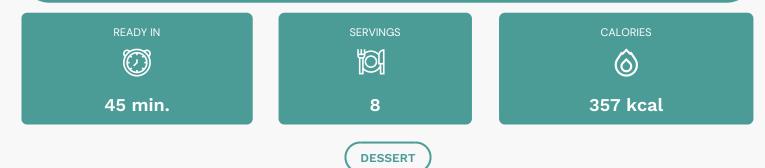


Warm Double-Chocolate Brownie Cakes



Ingredients

- 1 plus 2 tablespoons butter unsalted
 - 3 tablespoons cake flour
 - 2 eggs
 - 0.3 cup flour all-purpose
- 5 ounces chocolate chopped
- 0.5 teaspoon salt
- 0.8 cup sugar
- 0.5 cup cocoa powder unsweetened
 - 0.5 teaspoon vanilla extract pure

Equipment

bowl
sauce pan
oven
whisk
wire rack
hand mixer
spatula
muffin liners
muffin tray

Directions

Preheat the oven to 35

Butter and flour 8 cups in a standard-size muffin pan. In a small saucepan, melt the butter.

Add one-fifth of the milk chocolate and whisk until melted.

Let cool slightly.

In a small bowl, whisk the cake flour with the all-purpose flour, unsweetened cocoa powder and salt. In a large bowl, using a handheld electric mixer, beat the eggs with the sugar at medium speed until pale and thick, about 5 minutes. Beat in the vanilla extract. Beat in the melted chocolate mixture and the dry ingredients in 3 additions, scraping down the bowl occasionally with a spatula. Stir in the remaining chopped chocolate.

Spoon the cake batter into the prepared muffin cups and bake for about 22 minutes, until the cakes are risen and springy.

Let the cakes cool in the muffin pan for 15 minutes, then turn them out onto a wire rack and let cool for 15 minutes longer.

Serve the cakes warm, with ice cream.

Nutrition Facts

Properties

Glycemic Index:45.71, Glycemic Load:30.56, Inflammation Score:-4, Nutrition Score:8.2995653450489%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 356.68kcal (17.83%), Fat: 15.36g (23.63%), Saturated Fat: 8.9g (55.6%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 50.43g (18.34%), Sugar: 42.01g (46.68%), Cholesterol: 70.23mg (23.41%), Sodium: 218.9mg (9.52%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 24.06mg (8.02%), Protein: 6.29g (12.59%), Manganese: 0.36mg (18.01%), Vitamin B2: 0.3mg (17.37%), Copper: 0.34mg (17.12%), Phosphorus: 164.79mg (16.48%), Magnesium: 59.24mg (14.81%), Fiber: 3.63g (14.52%), Selenium: 8.75µg (12.5%), Calcium: 103.28mg (10.33%), Iron: 1.76mg (9.8%), Zinc: 1.29mg (8.6%), Potassium: 288.61mg (8.25%), Vitamin A: 340.44IU (6.81%), Vitamin B5: 0.61mg (6.13%), Vitamin B12: 0.36µg (5.93%), Vitamin B1: 0.08mg (5.48%), Folate: 21.12µg (5.28%), Vitamin B6: 0.07mg (3.38%), Vitamin B3: 0.66mg (3.28%), Vitamin E: 0.38mg (2.54%), Vitamin D: 0.35µg (2.35%), Vitamin K: 1.51µg (1.44%)