



Warm Double-Chocolate Brownie Cakes

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

DESSERT

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

☐ 8 servings whipped cream for serving optional

Equipment

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

Directions

- ☐ Preheat the oven to 350°F.
- ☐ 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



 **PROTEIN 6.63%**  **FAT 36.41%**  **CARBS 56.96%**

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, Epicatechin: 10.56mg 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%)