



## Warm Lemon Poppy Seed Cake With Chocolate Ganache Center

READY IN



45 min.

SERVINGS



6

CALORIES



524 kcal

DESSERT

### Ingredients

- 1 cup flour all-purpose
- 2 tablespoons lemon zest grated
- 2 tablespoons poppy seeds
- 4 large egg yolk
- 0.5 cup granulated sugar
- 14 tablespoons butter unsalted melted
- 5 large egg whites
- 3 ounces bittersweet chocolate chopped

## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- ramekin
- hand mixer

## Directions

- Position a rack in the center of the oven and preheat to 400 degrees. Lightly butter six 6-ounce ramekins, dust with sugar and place on a baking sheet.
- In a small bowl whisk together the flour, lemon rind and poppy seeds; set aside.
- In the 4-1/2 quart bowl of a heavy-duty electric mixer using the wire whip attachment, whip the egg yolks and sugar until the mixture is pale and forms a ribbon when the whip is lifted.
- Place the egg whites in a medium grease-free bowl and using a hand-held electric mixer whip the whites to soft peaks.
- Fold the flour mixture into the yolk/sugar mixture then add the melted butter and gently mix until combined. Fold in the egg whites until combined. Fill each of the prepared ramekins 3/4 full and place a 1-ounce piece of chocolate in the center of the batter.
- Bake for 15 minutes or until firm. Cool on a wire rack for 5 minutes. Gently invert the cake onto a dessert plate and serve warm

## Nutrition Facts



**PROTEIN 6.54%** **FAT 61.97%** **CARBS 31.49%**

## Properties

Glycemic Index:25.02, Glycemic Load:23.15, Inflammation Score:-6, Nutrition Score:10.953913043478%

## Taste

Sweetness: 65.09%, Saltiness: 35.5%, Sourness: 8.57%, Bitterness: 5.26%, Savoriness: 20.68%, Fattiness: 100%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 523.78kcal (26.19%), Fat: 36.49g (56.13%), Saturated Fat: 21.15g (132.21%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 39.23g (14.26%), Sugar: 22.34g (24.83%), Cholesterol: 193.48mg (64.49%), Sodium: 57.58mg (2.5%), Caffeine: 12.19mg (4.06%), Protein: 8.67g (17.33%), Selenium: 20.95µg (29.92%), Manganese: 0.54mg (27.12%), Vitamin A: 987.85IU (19.76%), Vitamin B2: 0.31mg (18.19%), Folate: 59.47µg (14.87%), Vitamin B1: 0.22mg (14.51%), Phosphorus: 141.86mg (14.19%), Iron: 2.52mg (13.99%), Copper: 0.28mg (13.95%), Magnesium: 44.49mg (11.12%), Fiber: 2.49g (9.97%), Calcium: 82.29mg (8.23%), Vitamin E: 1.2mg (8.03%), Vitamin D: 1.1µg (7.35%), Vitamin B3: 1.43mg (7.14%), Zinc: 1.06mg (7.09%), Vitamin B5: 0.58mg (5.77%), Potassium: 192.78mg (5.51%), Vitamin B12: 0.33µg (5.45%), Vitamin B6: 0.07mg (3.34%), Vitamin K: 3.45µg (3.28%), Vitamin C: 2.61mg (3.16%)