

CHOCOLATE DECADENCE

June 22, 2011

Yield: 4 servings

Ingredients

Cooking spray

½ cup plus 3 tablespoons sugar

¼ cup 2% reduced-fat milk

2 tablespoons plus 2 teaspoons unsweetened cocoa

1 ½ tablespoons butter

½ ounce unsweetened chocolate, chopped

5 tablespoons all-purpose flour

½ teaspoon vanilla extract

⅛ teaspoon salt

1 large egg white

8 teaspoons semisweet chocolate chips

Preparation

1. Preheat oven to 350°.
2. Lightly coat 4 (2-ounce) ramekins with cooking spray, and sprinkle ¾ teaspoon sugar into each of the ramekins, shaking and turning to coat. Set prepared ramekins aside.
3. Combine ½ cup plus 2 tablespoons sugar, milk and cocoa in a small saucepan, stirring well with a whisk. Bring to a boil over medium heat. Cook 30 seconds or until sugar dissolves, stirring constantly. Remove from heat; add the butter and ½ ounce unsweetened chocolate. Stir until the chocolate melts and mixture is smooth. Cool chocolate mixture 10 minutes.
4. Add flour, vanilla, salt, and egg white to chocolate mixture, stirring with a whisk just until blended. Spoon 2 tablespoons chocolate mixture into each prepared ramekin, and top each with 2 teaspoons chocolate chips. Divide the remaining chocolate mixture evenly among ramekins, spreading to cover the chocolate chips. Bake at 350° for 20 minutes or until barely set. Cool for 10 minutes. Invert onto dessert plates. Serve warm.

Nutritional Information Amount per serving: Calories: 315, Calories from fat: 31%, Fat: 11g, Saturated fat: 5.7g, Monounsaturated fat: 2.8g, Polyunsaturated fat: 0.8g, Protein: 4.1g, Carbohydrate: 52.1g, Fiber: 1.6g, Cholesterol: 13.4mg, Iron: 2.2mg, Sodium: 140mg, Calcium: 27mg.

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HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

Providing guidance and support to make the “*healthy choice the easy choice.*”



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