



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Hot Lemon Lava Cake ^{♦♦}

Hot Lemon Lava Cake is a delicious dessert that features a warm, gooey lemon center surrounded by a moist cake. It is typically served with a scoop of vanilla ice cream or a dollop of whipped cream. This dessert is perfect for citrus lovers and is a great way to end a meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

100 g	butter
100 g	white sugar
2 pieces	Eggs
50 g	all-purpose flour

50 ml	Lemon juice
10 g	Lemon Zest
1 tsp	vanilla extract
1 tsp	salt
20 g	powdered sugar

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F). Grease four ramekins with butter and dust with flour.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, cream together the butter and sugar until light and fluffy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the eggs one at a time, mixing well after each addition. Stir in the vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a separate bowl, whisk together the flour and salt. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Fold in the lemon juice and lemon zest until evenly distributed throughout the batter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Divide the batter evenly among the prepared ramekins. Place the ramekins on a baking sheet and bake for 12-15 minutes, or until the edges are set but the center is still slightly jiggly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Cooling

Remove the ramekins from the oven and let them cool for a few minutes. Dust with powdered sugar and serve warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	1 g	2.63%	4%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Valentine's Day

Course

Desserts

Snacks

Cultural

Chinese New Year

Diwali

Christmas

Cost

Under \$10

Demographics

Senior Friendly

Lactation Friendly

Diabetic Friendly

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

The Whole30 Diet

Zone Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Meal Type

Brunch

Supper

Difficulty Level

Medium

Visit our website: healthdor.com