**İNGREDİENTS**

3 eggs

80 gr bitter chocolate

100 gr flour

50 gr butter

100 gr sugar

One pinch of salt

**RECİPE**

Before starting to make suffle, please set the oven to 220 degrees. And then melt the chocolate and butter in a teflon pan. When they melt , add flour in it and mix it. Add eggs and sugar in an another bowl and beat them. And add salt. After that add the melted chocolate and butter in to a bowl and mix them together. Then you can pour them into the bowls and bake them. Bon appetit!

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| --- | --- | --- |
| İngredients | Amount | Calorie |
| Egg | 3 | 215 |
| Bitter Chocolate | 80 gr | 478.4 |
| Flour | 100 gr | 364 |
| Butter | 50 gr | 358.5 |
| Sugar | 100 gr | 387 |
| Salt | 2 gr | 0 |
|  |  |  |

100 gr suffle = 373 cal

AİLEMİN VÜCUT KiTLE ENDEKSİ

Annem:25

Babam: 25

Kardeşim: 16

Ben: 22