



Bittersweet Chocolate Marquise with Cherry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cherries fresh pitted halved
- ☐ 2.5 teaspoons cornstarch
- ☐ 2 tablespoons dutch-processed cocoa powder unsweetened sifted
- ☐ 4 large egg yolk
- ☐ 2 teaspoons brandy (clear cherry brandy)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated

- ☐ 10 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.3 cup sugar
- ☐ 0.8 cup butter unsalted room temperature
- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup water
- ☐ 1 cup whipping cream chilled

Equipment

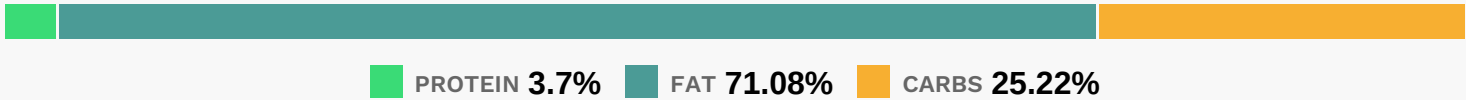
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Butter 8 1/2x5 1/2x3-inch glass loaf dish. Line dish smoothly with foil. Stir chocolate in top of double boiler over barely simmering water until smooth. Turn off heat. Using electric mixer, beat 1/2 cup butter in large bowl until fluffy. Beat in 1/4 cup sugar, then cocoa powder.
- ☐ Whisk yolks, 1/4 cup water, 1/4 cup butter, and 1/4 cup sugar in metal bowl. Set over saucepan of simmering water (do not let bowl touch water).
- ☐ Whisk constantly until candy thermometer registers 160°F, about 6 minutes.
- ☐ Remove from over water. Using electric mixer, beat yolk mixture until thick and cool, about 5 minutes. Beat into cocoa mixture. Fold in warm chocolate and vanilla. Beat cream in another bowl until soft peaks form. Fold into chocolate mixture; spread in prepared dish. Cover and chill until firm, at least 4 hours. (Can be made 4 days ahead. Keep chilled.)
- ☐ Stir all ingredients in medium saucepan over medium heat until sauce boils and thickens, about 5 minutes. Cool slightly. (Can be made 2 days ahead. Cover and refrigerate. Rewarm before serving.)
- ☐ Turn marquise out onto platter; peel off foil.

- ☐
- Cut into 3/4-inch-thick slices.
- ☐
- Place 1 slice on each plate. Spoon warm cherry sauce over and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:4.58, Inflammation Score:-5, Nutrition Score:6.9617392135703%

Flavonoids

Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.79mg, Epicatechin: 2.79mg, Epicatechin: 2.79mg, Epicatechin: 2.79mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 368.92kcal (18.45%), Fat: 29.4g (45.23%), Saturated Fat: 17.67g (110.45%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 20.77g (7.55%), Sugar: 17.97g (19.96%), Cholesterol: 115.53mg (38.51%), Sodium: 12.88mg (0.56%), Alcohol: 0.65g (100%), Alcohol %: 0.78% (100%), Caffeine: 22.23mg (7.41%), Protein: 3.45g (6.89%), Manganese: 0.37mg (18.41%), Copper: 0.35mg (17.62%), Vitamin A: 754.46IU (15.09%), Magnesium: 50.55mg (12.64%), Phosphorus: 109.64mg (10.96%), Fiber: 2.7g (10.79%), Iron: 1.88mg (10.43%), Selenium: 6.06µg (8.66%), Potassium: 229.27mg (6.55%), Zinc: 0.89mg (5.96%), Vitamin B2: 0.1mg (5.62%), Vitamin D: 0.84µg (5.57%), Vitamin E: 0.82mg (5.44%), Calcium: 43.17mg (4.32%), Vitamin K: 3.87µg (3.69%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.21µg (3.48%), Vitamin C: 2.32mg (2.81%), Folate: 10.94µg (2.73%), Vitamin B6: 0.05mg (2.42%), Vitamin B1: 0.03mg (1.97%), Vitamin B3: 0.28mg (1.39%)