



Charlotte Russe With Raspberries

READY IN



20 min.

SERVINGS



8

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons confectioners' sugar
- ☐ 4 ounces chocolate dark finely chopped
- ☐ 8 large egg yolks
- ☐ 0.5 ounce gelatin powder unflavored
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup heavy cream
- ☐ 12 ounces ladyfingers
- ☐ 1 tablespoon liqueur orange-flavored
- ☐ 2 cups raspberries

- ☐ 0.1 teaspoon sea salt fine
- ☐ 1 tablespoon vanilla extract
- ☐ 2.5 cups milk whole warmed

Equipment

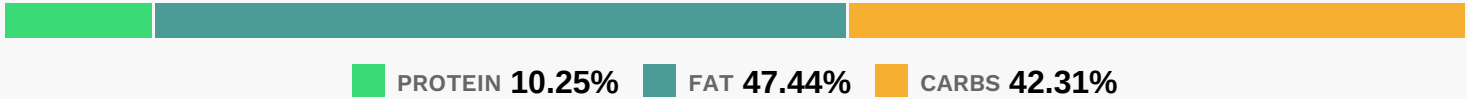
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Sprinkle the gelatin over 3 tablespoons water in a bowl and let stand, 5 minutes. Melt the chocolate in a heatproof bowl set over a pot of barely simmering water (do not let the bowl touch the water), stirring occasionally.
- ☐ Remove the bowl from the pot and slowly whisk in the milk; keep warm.
- ☐ Whisk the egg yolks, granulated sugar, salt and 1 tablespoon vanilla in a large heatproof bowl.
- ☐ Place the bowl over the pot of hot water and cook, stirring constantly with a rubber spatula, until smooth and slightly custardlike, 3 to 5 minutes. Slowly stir in the warm chocolate mixture and cook until it coats a spoon, 3 to 5 minutes.
- ☐ Remove the bowl from the pot and whisk in the gelatin mixture until smooth.
- ☐ Transfer to a clean bowl, cover and refrigerate until the custard just begins to set, about 1 hour.
- ☐ Line the walls of an 8-inch springform pan with ladyfingers, standing them up (trim the bottoms, if desired). Beat the heavy cream in a large bowl with a mixer until it holds soft peaks; sift 1 tablespoon confectioners' sugar on top, add the remaining 1 teaspoon vanilla and stir. Gently fold 1 1/2 cups whipped cream into the chocolate custard until smooth. Carefully fill the pan with the chocolate cream. Refrigerate until set, at least 3 hours.

- ☐
- Remove the sides of the pan and transfer the dessert to a platter. Gently toss the raspberries with the liqueur and the remaining 1 tablespoon confectioners' sugar in a bowl, then arrange on top of the cake.
- ☐
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:11.64, Inflammation Score:-6, Nutrition Score:15.422173935434%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 530.54kcal (26.53%), Fat: 27.83g (42.82%), Saturated Fat: 14.84g (92.76%), Carbohydrates: 55.86g (18.62%), Net Carbohydrates: 51.94g (18.89%), Sugar: 24.71g (27.46%), Cholesterol: 320.77mg (106.92%), Sodium: 150.93mg (6.56%), Alcohol: 1.3g (100%), Alcohol %: 0.72% (100%), Caffeine: 11.34mg (3.78%), Protein: 13.54g (27.08%), Manganese: 0.6mg (29.91%), Phosphorus: 287.28mg (28.73%), Vitamin B2: 0.46mg (27.28%), Iron: 3.94mg (21.89%), Vitamin A: 1057.85IU (21.16%), Selenium: 13.67µg (19.53%), Vitamin B12: 1.15µg (19.16%), Copper: 0.38mg (18.77%), Calcium: 174.51mg (17.45%), Folate: 65.59µg (16.4%), Fiber: 3.92g (15.68%), Vitamin B5: 1.5mg (15.04%), Vitamin D: 2.23µg (14.88%), Vitamin B1: 0.21mg (14.29%), Magnesium: 56.69mg (14.17%), Zinc: 1.86mg (12.41%), Potassium: 358.86mg (10.25%), Vitamin C: 8.04mg (9.74%), Vitamin B6: 0.19mg (9.54%), Vitamin E: 1.1mg (7.3%), Vitamin B3: 1.34mg (6.68%), Vitamin K: 4.67µg (4.45%)