



## Choc-peanut fondants with chocolate soil & cherries

READY IN



90 min.

SERVINGS



6

CALORIES



1104 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 50 g butter melted softened for greasing
- ☐ 85 g crunchy peanut butter
- ☐ 175 g brown sugar
- ☐ 1 tsp vanilla extract
- ☐ 4 large eggs
- ☐ 85 g flour plain
- ☐ 300 g chocolate dark melted
- ☐ 1 jar cherries

- ☐ 6 scoops whipped cream
- ☐ 6 cherries with stalks, to serve
- ☐ 1 chocolate cake mix bought (un-iced)

## Equipment

- ☐ food processor
- ☐ oven

## Directions

- ☐ Make the soil first.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Thinly slice the chocolate cake and lay on baking trays lined with baking parchment.
- ☐ Bake for 30 mins, turning the slices halfway, until crisp to the touch. Put in a food processor and whizz to crunchy crumbs. Will keep well for up to a week in an airtight tin.
- ☐ Make the fondants by brushing 6 dariole moulds well with melted butter. Chill for 1 min, then brush again. Put a spoon of cocoa powder in one and shake about so the whole inside is coated, then tip out the rest into the next and tap the bottom of the dariole to get out any excess. Repeat with all the darioles.
- ☐ Beat together the softened butter, peanut butter, sugar and vanilla to cream them, then beat in the eggs, followed by the flour. Stir in the melted chocolate and divide between the darioles. Chill for up to 24 hrs.
- ☐ To serve, heat oven to 200C/180C fan/ gas
- ☐ Bake the fondants for 10-12 mins the top will be set, but you should feel a soft middle when you prod it.
- ☐ Add a small pile of soil to each plate and top with a cherry or put the soil in a mini bucket or flowerpot.
- ☐ Add a spoon of cherry compote to each plate and top with a scoop of vanilla ice cream. Finally, carefully turn each chocolate fondant out onto the plate they should come out easily.
- ☐ Serve immediately.

## Nutrition Facts



 **PROTEIN 6.97%**  **FAT 45.28%**  **CARBS 47.75%**

Properties

Glycemic Index:42.17, Glycemic Load:21.32, Inflammation Score:-8, Nutrition Score:28.362608614175%

Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1104.2kcal (55.21%), Fat: 56.97g (87.64%), Saturated Fat: 25.51g (159.41%), Carbohydrates: 135.21g (45.07%), Net Carbohydrates: 125.88g (45.77%), Sugar: 84.35g (93.72%), Cholesterol: 172.46mg (57.49%), Sodium: 835.08mg (36.31%), Alcohol: 0.24g (100%), Alcohol %: 0.1% (100%), Caffeine: 47.92mg (15.97%), Protein: 19.72g (39.44%), Manganese: 1.53mg (76.34%), Copper: 1.33mg (66.58%), Iron: 11mg (61.1%), Phosphorus: 549.12mg (54.91%), Magnesium: 190.64mg (47.66%), Selenium: 30.15µg (43.07%), Fiber: 9.33g (37.31%), Vitamin B2: 0.56mg (32.75%), Calcium: 283.49mg (28.35%), Potassium: 953.1mg (27.23%), Folate: 103.43µg (25.86%), Zinc: 3.63mg (24.22%), Vitamin B3: 4.61mg (23.04%), Vitamin B1: 0.31mg (20.58%), Vitamin E: 2.74mg (18.28%), Vitamin B5: 1.49mg (14.86%), Vitamin A: 693IU (13.86%), Vitamin B12: 0.71µg (11.8%), Vitamin B6: 0.22mg (10.86%), Vitamin K: 7.55µg (7.19%), Vitamin D: 0.8µg (5.32%), Vitamin C: 0.97mg (1.17%)