



Chocolate Coeur a la Creme with Strawberry Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



927 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cherry brandy
- 1 tablespoon butter softened
- 3 tablespoons hershey®'s cocoa powder
- 0.5 cup confectioners' sugar
- 3 ounce cream cheese softened
- 0.5 cup heavy cream divided
- 10 ounce strawberries in syrup frozen thawed

- 0.5 teaspoon vanilla extract

Equipment

- food processor
- bowl
- sauce pan
- wire rack
- sieve
- blender
- cheesecloth

Directions

- Line two 1/2-cup coeur a la creme molds or two 6-ounce custard cups with double thickness of dampened cheesecloth, extending far enough beyond edges to enclose filling completely.
- Combine 1/4 cup whipping cream, cocoa and butter in small saucepan. Cook over low heat, stirring constantly, until smooth.
- Remove from heat; cool.
- Beat cream cheese, powdered sugar and vanilla in small bowl until smooth.
- Add cocoa mixture, blending well.
- Add remaining 1/4 cup whipping cream; beat until well blended. Spoon mixture into prepared molds. Fold cheesecloth over top.
- Place a wire rack in a tray or deep plate; place molds on rack.
- Refrigerate 8 hours or overnight. To serve, pull back cheesecloth and invert each mold onto a chilled dessert plate; carefully remove cheesecloth.
- Serve with STRAWBERRY SAUCE.
- STRAWBERRY SAUCE: Puree 1 package (10 oz.) frozen strawberries in light syrup, thawed, in food processor bowl or blender container. Strain puree through fine sieve into small bowl. Stir in 1 tablespoon kirsch (cherry brandy), if desired. About 1 cup sauce.

Nutrition Facts



■ PROTEIN 3.7% ■ FAT 38.75% ■ CARBS 57.55%

Properties

Glycemic Index:46, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:8.3830435198286%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 926.71kcal (46.34%), Fat: 42.81g (65.87%), Saturated Fat: 26.48g (165.49%), Carbohydrates: 143.07g (47.69%), Net Carbohydrates: 140.3g (51.02%), Sugar: 117.31g (130.34%), Cholesterol: 125.23mg (41.74%), Sodium: 297.58mg (12.94%), Alcohol: 2.85g (100%), Alcohol %: 1.22% (100%), Caffeine: 17.25mg (5.75%), Protein: 9.21g (18.42%), Vitamin A: 1620.68IU (32.41%), Calcium: 186.71mg (18.67%), Copper: 0.3mg (15.14%), Manganese: 0.3mg (14.89%), Vitamin B2: 0.24mg (13.95%), Phosphorus: 137.1mg (13.71%), Magnesium: 45.68mg (11.42%), Fiber: 2.78g (11.1%), Selenium: 6.76µg (9.66%), Vitamin E: 1.08mg (7.22%), Potassium: 230.57mg (6.59%), Iron: 1.17mg (6.51%), Vitamin D: 0.95µg (6.35%), Zinc: 0.88mg (5.86%), Vitamin B5: 0.42mg (4.21%), Vitamin B12: 0.2µg (3.34%), Vitamin K: 3.47µg (3.31%), Vitamin B6: 0.05mg (2.7%), Folate: 8.82µg (2.2%), Vitamin B1: 0.03mg (1.9%), Vitamin B3: 0.25mg (1.24%)