



Chocolate & coffee truffle pots

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



445 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 200 g chocolate dark
- ☐ 100 ml strong coffee decoction
- ☐ 400 ml double cream
- ☐ 2 tbsp brown sugar
- ☐ 6 servings cocoa powder
- ☐ 4 tbsp frangelico such as rum, brandy, disaronno
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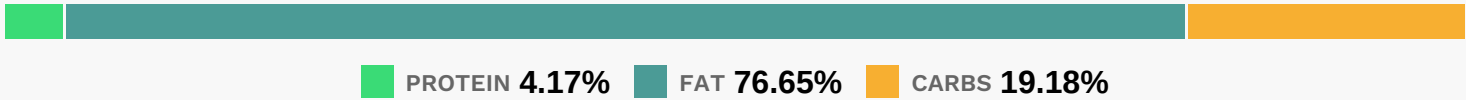
Equipment

☐ bowl

Directions

- ☐ Break the chocolate into small chunks and tip into a bowl with the coffee and alcohol. Bring 250ml of the cream to the boil, then pour over the chocolate mixture and stir until the chocolate has melted and the mixture is smooth. Divide the mix between 6 coffee cups and leave to set overnight in the fridge.
- ☐ To serve, whip the remaining cream with the sugar until just set. Spoon the cream onto the chocolate pots and serve dusted with cocoa powder so each cup looks like a cappuccino.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:10.250869572163%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 445kcal (22.25%), Fat: 38.56g (59.32%), Saturated Fat: 23.67g (147.93%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 17.7g (6.44%), Sugar: 13.85g (15.39%), Cholesterol: 76.78mg (25.59%), Sodium: 26.44mg (1.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 35.64mg (11.88%), Protein: 4.72g (9.44%), Manganese: 0.69mg (34.74%), Copper: 0.64mg (31.81%), Iron: 4.2mg (23.35%), Magnesium: 86.55mg (21.64%), Vitamin A: 998.85IU (19.98%), Fiber: 4g (16.01%), Phosphorus: 149.57mg (14.96%), Vitamin B2: 0.17mg (9.83%), Potassium: 330.75mg (9.45%), Zinc: 1.34mg (8.91%), Calcium: 73.53mg (7.35%), Vitamin D: 1.07µg (7.15%), Selenium: 4.47µg (6.39%), Vitamin E: 0.82mg (5.44%), Vitamin K: 4.62µg (4.4%), Vitamin B5: 0.36mg (3.61%), Vitamin B12: 0.2µg (3.34%), Vitamin B3: 0.45mg (2.26%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.86%)