



Chocolate Cranachan

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



713 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup crème fraîche sour
- ☐ 0.3 cup brown sugar packed ()
- ☐ 4.5 ounces hazelnuts husked toasted coarsely chopped
- ☐ 1.8 cups cup heavy whipping cream chilled
- ☐ 1 cup oats instant (3 ounces; do not use)
- ☐ 6 ounces bittersweet chocolate unsweetened grated (not)
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup irish whiskey

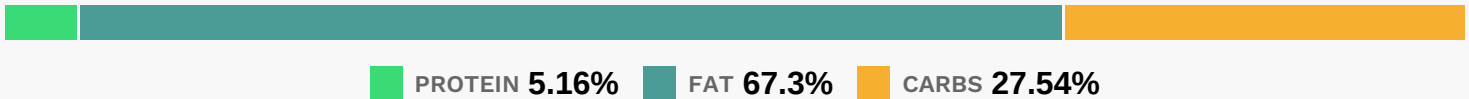
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix chocolate, hazelnuts, and brown sugar in medium bowl.
- ☐ Spread oats out on rimmed baking sheet.
- ☐ Bake until golden brown, stirring occasionally, about 7 minutes. Stir hot oats into chocolate mixture (hot oats will partially melt chocolate); set aside until chocolate firms, at least 2 hours. (Can be made 1 day ahead. Cover and chill.)
- ☐ Using electric mixer, beat whipping cream, crème fraîche, and sugar in large bowl until cream mixture holds peaks. Fold in whisky.
- ☐ In each of six 10- to 12-ounce goblets, layer 3/4 cup cream mixture and 3/4 cup oat mixture; repeat layering. Top each parfait with 3/4 cup cream mixture and sprinkle with oat mixture. Cover parfaits and chill overnight.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:7.53, Inflammation Score:-8, Nutrition Score:17.844782539036%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 712.53kcal (35.63%), Fat: 52.23g (80.35%), Saturated Fat: 24.6g (153.75%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 42.41g (15.42%), Sugar: 31.78g (35.31%), Cholesterol: 87.68mg (29.23%), Sodium: 29.83mg (1.3%), Alcohol: 4.72g (100%), Alcohol %: 3.39% (100%), Caffeine: 24.38mg (8.13%), Protein: 9.01g (18.01%), Manganese: 2.19mg (109.52%), Copper: 0.79mg (39.51%), Magnesium: 110.44mg (27.61%), Vitamin E: 4.1mg (27.34%), Phosphorus: 241.63mg (24.16%), Fiber: 5.7g (22.78%), Vitamin A: 1118.46IU (22.37%), Iron: 3.54mg (19.64%), Vitamin B1: 0.23mg (15.03%), Selenium: 9.53µg (13.62%), Zinc: 1.98mg (13.2%), Potassium: 452.67mg (12.93%), Vitamin B2: 0.21mg (12.48%), Calcium: 117.77mg (11.78%), Vitamin B6: 0.18mg (8.87%), Folate: 32.02µg (8%), Vitamin D: 1.11µg (7.4%), Vitamin K: 7.74µg (7.37%), Vitamin B5: 0.67mg (6.68%), Vitamin B3: 0.85mg (4.24%), Vitamin B12: 0.19µg (3.15%), Vitamin C: 1.87mg (2.27%)