



Chocolate Cream Filling

 Gluten Free

READY IN



23 min.

SERVINGS



15

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter at room temperature
- ☐ 2 tablespoons cornstarch
- ☐ 4 large egg yolks at room temperature
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 ounces bittersweet chocolate finely chopped
- ☐ 0.3 cup sugar
- ☐ 1.5 cups milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Heat milk in a heavy-bottomed saucepan over medium heat until just under a boil.
- ☐ Remove from heat.
- ☐ Whisk together egg yolks and next 3 ingredients in a stainless steel bowl.
- ☐ Whisk a small amount of hot milk into yolk mixture to temper.
- ☐ Whisk yolk mixture into remaining hot milk in saucepan.
- ☐ Cook over medium-low heat, whisking slowly, 7 minutes or until mixture thickens and starts to bubble.
- ☐ Remove from heat, and stir in chopped chocolate, softened butter, and, if desired, bourbon.
- ☐ Place plastic wrap on surface to prevent skin formation. Chill over an ice bath until completely cool. Filling may be chilled up to 2 days before using.
- ☐ *To bring eggs to room temperature safely, remove from refrigerator, and place in a bowl for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.54, Glycemic Load:2.76, Inflammation Score:-2, Nutrition Score:3.4043478602948%

Nutrients (% of daily need)

Calories: 125.18kcal (6.26%), Fat: 7.85g (12.08%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 10.62g (3.86%), Sugar: 8.69g (9.66%), Cholesterol: 56.58mg (18.86%), Sodium: 63.47mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.23g (4.47%), Manganese: 0.15mg (7.73%), Copper: 0.15mg (7.3%), Phosphorus: 72.39mg (7.24%), Magnesium: 23.18mg (5.8%), Selenium: 4.02µg (5.75%), Iron: 0.85mg (4.71%), Calcium: 43.42mg (4.34%), Vitamin B12: 0.24µg (4.06%), Vitamin B2: 0.06mg (3.79%), Fiber: 0.92g (3.67%), Vitamin D: 0.51µg (3.42%), Zinc: 0.51mg (3.38%), Vitamin A: 157.22IU (3.14%),

Potassium: 106.39mg (3.04%), Vitamin B5: 0.26mg (2.63%), Vitamin B6: 0.03mg (1.73%), Vitamin B1: 0.03mg (1.69%), Folate: 6.67µg (1.67%), Vitamin E: 0.24mg (1.6%)