

food
network

Chocolate Cups with Whipped Cream

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs
- ☐ 2 tablespoons frangelico dark
- ☐ 4 servings mint sprigs for garnish, optional
- ☐ 1 pinch salt
- ☐ 1 cup semi-sweet chocolate chips
- ☐ 2 tablespoons sugar
- ☐ 1 cup whipping cream
- ☐ 0.7 cup milk whole

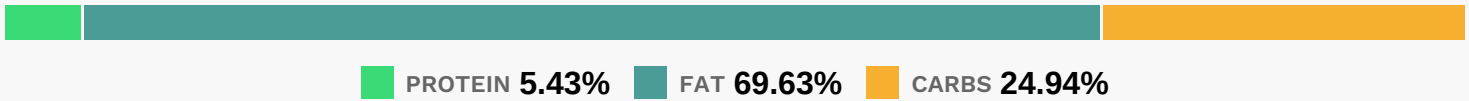
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Special equipment: 4 demitasse cups
- ☐ Heat milk in a small pan over moderate heat until it comes to a boil.
- ☐ In blender or food processor combine egg, sugar, a pinch of salt, semisweet chips, and liqueur. Run processor or turn on blender to low setting.
- ☐ Pour in boiling milk in a slow stream. The hot milk will cook egg and melt chocolate. Process or blend 1 minute, until smooth.
- ☐ Spoon chocolate into 4 demitasse cups and chill. After dinner, beat cream until soft peaks form.
- ☐ Add a little sugar and beat to combine. Top the chocolate cups with a dollop of cream and garnish each cup with mint sprigs.
- ☐ Place cups on saucers and serve with demitasse spoons. If you use teacups, this recipe will yield 2 cups, rather than 4.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:4.91, Inflammation Score:-7, Nutrition Score:11.552608731%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 519.54kcal (25.98%), Fat: 40.62g (62.49%), Saturated Fat: 24.43g (152.67%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 29.15g (10.6%), Sugar: 25.78g (28.65%), Cholesterol: 115.66mg (38.55%), Sodium: 61.57mg (2.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 37.63mg (12.54%), Protein: 7.12g (14.25%), Manganese: 0.6mg (29.85%), Copper: 0.56mg (28.23%), Magnesium: 88.17mg (22.04%), Vitamin A: 1064.29IU (21.29%), Phosphorus: 211.84mg (21.18%), Iron: 3.07mg (17.06%), Vitamin B2: 0.24mg (14.32%), Fiber: 3.58g (14.32%), Selenium: 9.65µg (13.78%), Calcium: 125.07mg (12.51%), Potassium: 386.58mg (11.05%), Zinc: 1.62mg (10.82%), Vitamin D: 1.62µg (10.8%), Vitamin B12: 0.49µg (8.19%), Vitamin E: 0.94mg (6.28%), Vitamin B5: 0.61mg (6.07%), Vitamin K: 5.21µg (4.96%), Vitamin B6: 0.08mg (4.02%), Vitamin B1: 0.05mg (3.59%), Vitamin B3: 0.47mg (2.36%), Folate: 8.69µg (2.17%)