



Chocolate Custard Cups



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



215 kcal

DESSERT

Ingredients

- 1 teaspoon vanilla extract pure
- 3 large egg yolk
- 0.3 cup sugar
- 1 inch salt
- 3 ounces bittersweet chocolate melted
- 1.5 cups frangelico

Equipment

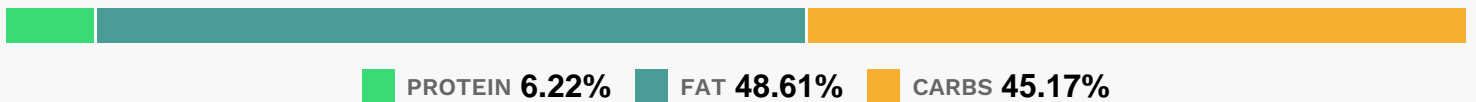
- bowl

- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat oven to 325 degrees. Bring a kettle of water to a boil. In a medium saucepan, bring half-and-half and vanilla just to a boil.
- Remove from heat.
- Place egg yolks, sugar, and salt in a medium bowl. Beat until light, then whisk in chocolate.
- Whisking constantly, gradually add hot half-and-half mixture. Skim any foam from surface.
- Divide mixture among four (6-ounce) custard cups, and place in a baking dish just large enough to hold them.
- Place in oven, and pour enough boiling water in dish to come halfway up sides of cups. Drape a sheet of aluminum foil over top of baking dish (do not seal).
- Bake custards until just set but still slightly wobbly, 40 to 45 minutes.
- Remove cups from dish; refrigerate until chilled, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:5.5382608719494%

Nutrients (% of daily need)

Calories: 215.17kcal (10.76%), Fat: 11.56g (17.79%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 22.48g (8.17%), Sugar: 20.48g (22.75%), Cholesterol: 138.98mg (46.33%), Sodium: 18.15mg (0.79%), Alcohol: 0.34g (100%), Alcohol %: 0.92% (100%), Caffeine: 18.29mg (6.1%), Protein: 3.33g (6.66%), Manganese: 0.29mg (14.58%), Copper: 0.28mg (13.84%), Selenium: 9µg (12.86%), Phosphorus: 105.07mg (10.51%), Magnesium: 38.18mg (9.54%), Iron: 1.7mg (9.44%), Fiber: 1.7g (6.8%), Zinc: 0.86mg (5.73%), Vitamin B12: 0.29µg (4.78%), Vitamin B2: 0.08mg (4.77%), Folate: 18.61µg (4.65%), Vitamin D: 0.69µg (4.59%), Vitamin B5: 0.45mg (4.45%), Vitamin A:

194.49IU (3.89%), Potassium: 136.19mg (3.89%), Vitamin E: 0.45mg (3.03%), Calcium: 29.87mg (2.99%), Vitamin B6: 0.05mg (2.61%), Vitamin B1: 0.03mg (1.96%), Vitamin K: 1.62µg (1.54%)