



# Chocolate Custard Sauce with Cake and Raspberries

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

DESSERT

## Ingredients

- 3 cups chocolate crème anglaise chilled
- 4 servings raspberries fresh
- 0.8 cup milk whole

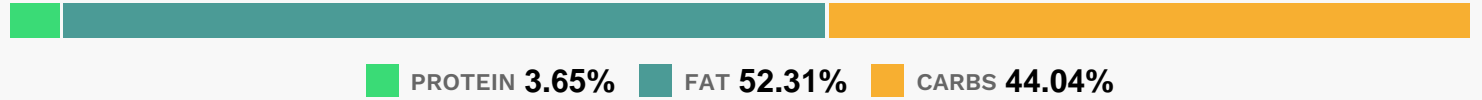
## Equipment

- bowl
- whisk

# Directions

- In a bowl, whisk 3/4 cup milk into crme anglaise.
- Mixture should be thin enough to pour and have the consistency of corn syrup or thick maple syrup. If needed, add more milk, 1/4 cup at a time, until you reach the consistency you like.
- Arrange a piece of cake on each plate and drizzle with sauce. Top with fruit.

# Nutrition Facts



# Properties

Glycemic Index:26.65, Glycemic Load:32.35, Inflammation Score:-6, Nutrition Score:16.167391243188%

# Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

# Nutrients (% of daily need)

Calories: 724.09kcal (36.2%), Fat: 46.74g (71.91%), Saturated Fat: 27.22g (170.11%), Carbohydrates: 88.55g (29.52%), Net Carbohydrates: 77.43g (28.16%), Sugar: 72.42g (80.47%), Cholesterol: 5.49mg (1.83%), Sodium: 38.99mg (1.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 86.63mg (28.88%), Protein: 7.34g (14.68%), Manganese: 1.05mg (52.61%), Fiber: 11.12g (44.47%), Magnesium: 167mg (41.75%), Copper: 0.81mg (40.39%), Phosphorus: 256.55mg (25.65%), Vitamin B2: 0.4mg (23.58%), Iron: 4.04mg (22.42%), Vitamin C: 15.72mg (19.05%), Zinc: 2.41mg (16.06%), Potassium: 539.85mg (15.42%), Vitamin K: 13.09µg (12.46%), Calcium: 102.77mg (10.28%), Selenium: 4.66µg (6.66%), Vitamin B3: 1.29mg (6.43%), Vitamin E: 0.89mg (5.91%), Vitamin B6: 0.12mg (5.87%), Vitamin B1: 0.07mg (4.74%), Vitamin B5: 0.46mg (4.61%), Folate: 16.54µg (4.13%), Vitamin B12: 0.25µg (4.12%), Vitamin D: 0.5µg (3.36%), Vitamin A: 93.92IU (1.88%)