



## Chocolate Dessert Sliders

READY IN



80 min.

SERVINGS



8

CALORIES



624 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups flour all-purpose
- 0.5 cup granulated sugar
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.5 cup butter cold
- 0.8 cup whipping cream
- 3 eggs
- 1 tablespoons sparkling wine
- 0.3 cup granulated sugar

- 0.3 cup cornstarch
- 0.1 teaspoon salt
- 3 cups milk
- 4 oz semi chocolate chips
- 1 tablespoon butter softened
- 1 teaspoon vanilla
- 1 serving raspberries fresh
- 1 serving mint leaves fresh

## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender
- plastic wrap
- double boiler

## Directions

- Heat oven to 400°F. In large bowl, mix flour, 1/2 cup granulated sugar, the baking powder and 1/2 teaspoon salt until blended.
- Cut in 1/2 cup butter, using pastry blender or fork, until mixture looks like coarse crumbs. In small bowl, mix whipping cream and 2 of the eggs until blended.
- Add to crumb mixture; stir with fork just until soft dough forms.
- On lightly floured surface, knead dough 3 or 4 times. Pat dough to 1-inch thickness.
- Cut with 1 3/4-inch round cutter. On ungreased cookie sheet, place rounds about 1 inch apart. Beat remaining egg; brush over dough.
- Sprinkle with coarse sugar.

- Bake 18 to 20 minutes or until golden brown.
- Remove shortcakes from cookie sheet to cooling rack.
- In top of double boiler, mix 1/3 cup granulated sugar, the cornstarch and 1/8 teaspoon salt. Gradually add milk, stirring with wire whisk until blended. Cook over simmering water, stirring constantly, until mixture thickens and coats the back of a metal spoon, about 10 minutes.
- Remove from heat.
- Add chocolate chips, 1 tablespoon butter and the vanilla; stir until smooth.
- Pour pudding into bowl; cover surface directly with plastic wrap to prevent skin from forming. Cool 30 minutes.
- Split shortcakes. Stir pudding with whisk. Spoon about 2 tablespoons pudding onto each shortcake bottom; cover with shortcake tops.
- Garnish with raspberries and mint.

## Nutrition Facts



■ **PROTEIN 7.45%**
■ **FAT 45.25%**
■ **CARBS 47.3%**

## Properties

Glycemic Index:58.9, Glycemic Load:42.54, Inflammation Score:-7, Nutrition Score:15.747826006102%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 623.92kcal (31.2%), Fat: 31.49g (48.44%), Saturated Fat: 18.74g (117.12%), Carbohydrates: 74.05g (24.68%), Net Carbohydrates: 71.11g (25.86%), Sugar: 31.66g (35.18%), Cholesterol: 132.69mg (44.23%), Sodium: 510.59mg

(22.2%), Alcohol: 0.29g (100%), Alcohol %: 0.15% (100%), Caffeine: 12.19mg (4.06%), Protein: 11.67g (23.33%), Selenium: 24.97µg (35.68%), Vitamin B1: 0.44mg (29.21%), Vitamin B2: 0.5mg (29.14%), Manganese: 0.57mg (28.62%), Phosphorus: 265.29mg (26.53%), Calcium: 247.1mg (24.71%), Folate: 96.64µg (24.16%), Iron: 3.65mg (20.26%), Vitamin A: 978.47IU (19.57%), Vitamin B3: 3.07mg (15.33%), Copper: 0.27mg (13.56%), Magnesium: 52.63mg (13.16%), Vitamin B12: 0.73µg (12.15%), Fiber: 2.94g (11.74%), Vitamin D: 1.69µg (11.29%), Potassium: 330.87mg (9.45%), Vitamin B5: 0.94mg (9.42%), Zinc: 1.4mg (9.33%), Vitamin E: 0.97mg (6.47%), Vitamin B6: 0.12mg (6.12%), Vitamin K: 3.9µg (3.71%), Vitamin C: 2.14mg (2.59%)