



Chocolate-Espresso Pots de Crème



Gluten Free



Low Fod Map

READY IN



765 min.

SERVINGS



30

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups half-and-half
- ☐ 1 tablespoon espresso grounds instant
- ☐ 0.3 cup cocoa unsweetened
- ☐ 30 servings toppings: whipped cream fresh sweetened

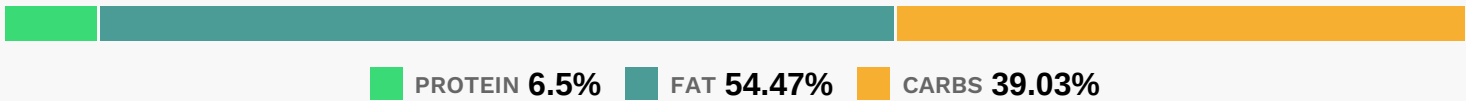
Equipment

- ☐ whisk
- ☐ double boiler

Directions

- ☐ Pour water to depth of 1 inch into bottom of a double boiler over medium heat; bring to a boil. Reduce heat to low, and simmer.
- ☐ Whisk together first 6 ingredients in top of double boiler; whisk in chocolate. Cook, whisking constantly, 15 minutes or until mixture reaches 16
- ☐ Mixture will continue to thicken as it cools.)
- ☐ Remove from heat, and cool 10 minutes. Spoon into demitasse, espresso, or tea cups. Cover and chill 12 hours.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:1.83, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:2.50347827051%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 107.99kcal (5.4%), Fat: 6.51g (10.01%), Saturated Fat: 3.79g (23.71%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.62g (3.5%), Sugar: 8.42g (9.36%), Cholesterol: 23.06mg (7.69%), Sodium: 17.21mg (0.75%), Alcohol: 0.43g (100%), Alcohol %: 1.37% (100%), Caffeine: 13.38mg (4.46%), Protein: 1.75g (3.49%), Manganese: 0.13mg (6.7%), Copper: 0.13mg (6.4%), Phosphorus: 52.83mg (5.28%), Magnesium: 20.43mg (5.11%), Iron: 0.68mg (3.78%), Fiber: 0.87g (3.48%), Selenium: 2.43µg (3.47%), Calcium: 34.07mg (3.41%), Vitamin B2: 0.06mg (3.29%), Potassium: 99.25mg (2.84%), Zinc: 0.38mg (2.53%), Vitamin A: 119.99IU (2.4%), Vitamin B12: 0.09µg (1.52%), Vitamin B5: 0.15mg (1.46%), Vitamin E: 0.16mg (1.06%), Vitamin B6: 0.02mg (1.06%)