



Chocolate-Espresso Pots de Crème



Gluten Free



Low Fod Map

READY IN



34 min.

SERVINGS



8

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brandy
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups half-and-half
- ☐ 1 tablespoon espresso powder instant
- ☐ 8 ounces bittersweet chocolate (with scharffen berger) cut into chunks (we tested
- ☐ 0.5 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 8 servings garnishes: whipped cream unsweetened

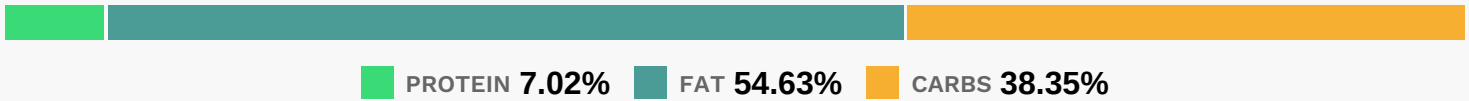
Equipment

- ☐ whisk
- ☐ ramekin
- ☐ double boiler

Directions

- ☐ Whisk together first 6 ingredients in top of a double boiler; add chocolate. Bring water to a boil. Reduce heat to medium-low; cook, whisking constantly, 24 minutes or until mixture reaches 160 (mixture will be moderately thickened).
- ☐ Remove from heat. Spoon chocolate into demitasse cups, chocolate pots, or 4- or 6-ounce ramekins. Cover and chill at least 4 hours.
- ☐ Garnish, if desired.
- ☐ Note: Demitasse cups or chocolate pots will yield smaller servings than ramekins, which is a good option for such a rich dessert.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:9.14, Inflammation Score:-5, Nutrition Score:8.7221739110739%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 350.48kcal (17.52%), Fat: 20.75g (31.93%), Saturated Fat: 11.94g (74.61%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 29.52g (10.73%), Sugar: 25.95g (28.84%), Cholesterol: 73.94mg (24.65%), Sodium: 58.97mg (2.56%), Alcohol: 2.51g (100%), Alcohol %: 2.43% (100%), Caffeine: 50.19mg (16.73%), Protein: 6g (12%), Manganese: 0.5mg (24.77%), Copper: 0.47mg (23.7%), Magnesium: 73.56mg (18.39%), Phosphorus: 183.19mg (18.32%), Iron: 2.45mg (13.63%), Fiber: 3.26g (13.05%), Selenium: 8.78µg (12.54%), Vitamin B2: 0.2mg (11.88%), Calcium: 99.82mg (9.98%), Potassium: 330.05mg (9.43%), Zinc: 1.36mg (9.07%), Vitamin A: 336.94IU (6.74%), Vitamin B12: 0.29µg (4.91%), Vitamin B5: 0.48mg (4.77%), Vitamin B6: 0.07mg (3.35%), Vitamin E: 0.49mg (3.27%), Vitamin K: 3.06µg

(2.91%), Vitamin B3: 0.55mg (2.76%), Vitamin B1: 0.04mg (2.47%), Folate: 8.73µg (2.18%), Vitamin D: 0.27µg (1.83%)