



WHATSheATE



Chocolate-Espresso Pots de Crème with Benne Seed Coins



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



571 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brandy
- ☐ 8 ounces chocolate dark chopped
- ☐ 6 servings benne seed coins
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups half-and-half
- ☐ 1 tablespoon espresso powder instant
- ☐ 0.5 cup sugar

☐

0.3 cup cocoa unsweetened

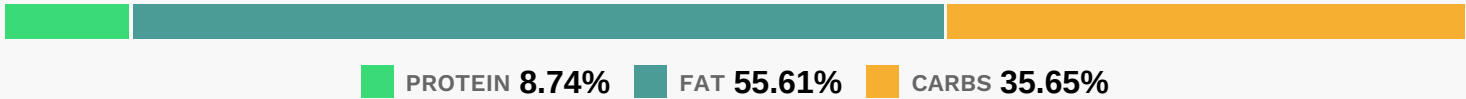
Equipment

- ☐ whisk
- ☐ double boiler

Directions

- ☐ Whisk together first 6 ingredients in top of double boiler; add chocolate.
- ☐ Pour water to a depth of 1 inch into bottom of double boiler over medium heat, and bring water to a boil. Reduce heat to medium-low; cook, whisking constantly, 15 minutes or until mixture reaches 16
- ☐ Mixture will be moderately thickened and will thicken more as it cools.
- ☐ Remove from heat. Divide chocolate mixture evenly among 6 serving cups. Cover and chill overnight.
- ☐ Garnish with Benne Seed Coins.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:14.68, Inflammation Score:-7, Nutrition Score:22.201304223226%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 570.57kcal (28.53%), Fat: 34.9g (53.69%), Saturated Fat: 16.54g (103.37%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 36.65g (13.33%), Sugar: 29.16g (32.4%), Cholesterol: 91.37mg (30.46%), Sodium: 85.6mg (3.72%), Alcohol: 3.34g (100%), Alcohol %: 2.23% (100%), Caffeine: 64.65mg (21.55%), Protein: 12.34g (24.69%), Manganese: 1.55mg (77.48%), Fiber: 13.7g (54.81%), Copper: 1.05mg (52.44%), Magnesium: 197.26mg (49.31%), Phosphorus: 461.68mg (46.17%), Iron: 7.23mg (40.17%), Selenium: 24.23µg (34.62%), Calcium: 280.61mg (28.06%), Zinc: 3.13mg (20.88%), Vitamin B2: 0.32mg (18.57%), Potassium: 581.93mg (16.63%), Vitamin B3: 2.93mg

(14.66%), Vitamin B1: 0.2mg (13.07%), Vitamin A: 403.26IU (8.07%), Vitamin B12: 0.41µg (6.79%), Vitamin B5: 0.66mg (6.57%), Folate: 23.16µg (5.79%), Vitamin E: 0.72mg (4.82%), Vitamin B6: 0.09mg (4.38%), Vitamin K: 3.96µg (3.77%), Vitamin D: 0.33µg (2.22%), Vitamin C: 1.11mg (1.35%)