



Chocolate Fondant A La Maille®

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



722 kcal

DESSERT

Ingredients

- 1.5 sticks butter
- 1.3 tablespoons powdered cocoa
- 9 ounces cocoa chocolate dark 70%
- 8 eggs separated
- 0.5 cup honey dijon mustard maille®
- 1.3 tablespoons rice flour
- 0.5 cup sugar
- 0.5 cup whipping cream

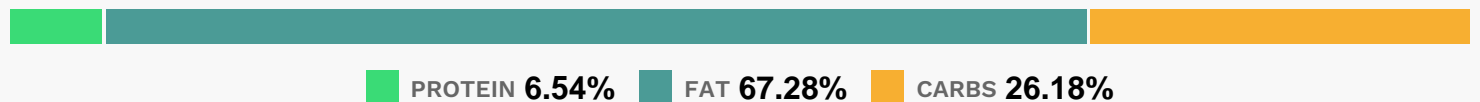
Equipment

- oven
- double boiler
- wax paper

Directions

- Mix the whipping cream and Maille® Honey mustard.
- Pour into cube shaped silicone molds and freeze until solid. Melt chocolate and butter in double boiler.
- Mix egg yolks with flour and cocoa.
- Pour melted chocolate and butter into egg mixture and stir.
- Beat egg whites until bubbly, and then add sugar. Blend egg whites into chocolate mix.
- Line molds (3" high, 3" diameter) with greased wax paper. Fill with chocolate mixture.
- Place a frozen cube in center and cover with chocolate mix.
- Bake at 350 degrees for 7 minutes. Cool, remove from mold and serve.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:15.89, Inflammation Score:-7, Nutrition Score:16.691739171096%

Flavonoids

Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 721.93kcal (36.1%), Fat: 54g (83.07%), Saturated Fat: 31.42g (196.39%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 42.22g (15.35%), Sugar: 31.82g (35.35%), Cholesterol: 302.66mg (100.89%), Sodium: 382.95mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.42mg (12.14%), Protein: 11.81g (23.61%), Manganese: 0.9mg (45.22%), Copper: 0.84mg (41.9%), Iron: 6.27mg (34.84%), Selenium: 22.26µg (31.81%),

Magnesium: 111.69mg (27.92%), Phosphorus: 274.6mg (27.46%), Vitamin A: 1330.9IU (26.62%), Vitamin B2: 0.35mg (20.83%), Fiber: 5.06g (20.23%), Zinc: 2.32mg (15.48%), Potassium: 427.98mg (12.23%), Vitamin B12: 0.72µg (12.02%), Vitamin B5: 1.17mg (11.74%), Vitamin E: 1.71mg (11.38%), Vitamin D: 1.49µg (9.94%), Calcium: 85.42mg (8.54%), Folate: 29.61µg (7.4%), Vitamin B6: 0.13mg (6.59%), Vitamin K: 5.92µg (5.64%), Vitamin B1: 0.05mg (3.08%), Vitamin B3: 0.58mg (2.9%)