



Chocolate-Frangello Crème Anglaise Coupes with Fresh Raspberries

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

Ingredients

- 5 large egg yolk
- 20 cups raspberries
- 4 ounces bittersweet chocolate unsweetened chopped (not)
- 6 tablespoons sugar
- 0.5 teaspoon vanilla extract
- 1 cup whipping cream
- 2 cups milk whole

5 tablespoons frangelico (hazelnut liqueur)

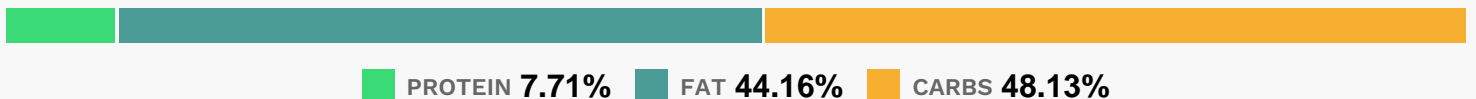
Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine milk and cream in heavy medium saucepan. Bring to simmer.
- Whisk yolks and sugar in medium bowl to blend well. Gradually whisk in hot milk mixture. Return mixture to saucepan. Stir over medium-low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 5 minutes (do not boil).
- Remove from heat.
- Add chocolate; whisk until melted and smooth.
- Whisk in Frangelico and vanilla. Strain custard into medium bowl. Cover; chill at least 4 hours. (Can be prepared 2 days ahead. Keep refrigerated.)
- Divide crème anglaise among 8 dessert glasses. Top with raspberries.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:11.58, Inflammation Score:-8, Nutrition Score:26.4460868883545%

Flavonoids

Cyanidin: 137.31mg, Cyanidin: 137.31mg, Cyanidin: 137.31mg, Cyanidin: 137.31mg Petunidin: 0.93mg, Petunidin: 0.93mg, Petunidin: 0.93mg, Petunidin: 0.93mg Delphinidin: 3.96mg, Delphinidin: 3.96mg, Delphinidin: 3.96mg, Delphinidin: 3.96mg Malvidin: 0.39mg, Malvidin: 0.39mg, Malvidin: 0.39mg, Malvidin: 0.39mg Pelargonidin: 2.94mg, Pelargonidin: 2.94mg, Pelargonidin: 2.94mg, Pelargonidin: 2.94mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Epigallocatechin 3-gallate: 1.62mg, Epigallocatechin 3-gallate: 1.62mg, Epigallocatechin 3-gallate: 1.62mg, Epigallocatechin 3-gallate: 1.62mg

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 445.4kcal (22.27%), Fat: 22.92g (35.26%), Saturated Fat: 12.17g (76.07%), Carbohydrates: 56.2g (18.73%), Net Carbohydrates: 35.57g (12.93%), Sugar: 31.34g (34.82%), Cholesterol: 156.54mg (52.18%), Sodium: 40.84mg (1.78%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Caffeine: 12.19mg (4.06%), Protein: 9g (18.01%), Manganese: 2.21mg (110.37%), Vitamin C: 78.78mg (95.49%), Fiber: 20.63g (82.54%), Magnesium: 100.91mg (25.23%), Phosphorus: 244.17mg (24.42%), Vitamin K: 25.63µg (24.41%), Copper: 0.46mg (22.99%), Vitamin E: 3.27mg (21.81%), Folate: 79.7µg (19.93%), Calcium: 192.28mg (19.23%), Potassium: 665.26mg (19.01%), Vitamin B2: 0.32mg (18.77%), Iron: 3.29mg (18.28%), Vitamin B5: 1.65mg (16.51%), Vitamin A: 795.44IU (15.91%), Zinc: 2.2mg (14.68%), Selenium: 9.85µg (14.07%), Vitamin B6: 0.25mg (12.73%), Vitamin D: 1.72µg (11.47%), Vitamin B1: 0.16mg (10.62%), Vitamin B12: 0.61µg (10.16%), Vitamin B3: 2mg (10%)