



Chocolate ganache & salted caramel brittle



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



830 kcal

DESSERT

Ingredients

- ☐ 200 g chocolate dark gluten-free (or alternative)
- ☐ 284 ml double cream
- ☐ 100 g brown sugar soft
- ☐ 100 g butter
- ☐ 150 ml double cream
- ☐ 150 g sugar
- ☐ 100 g hazelnuts

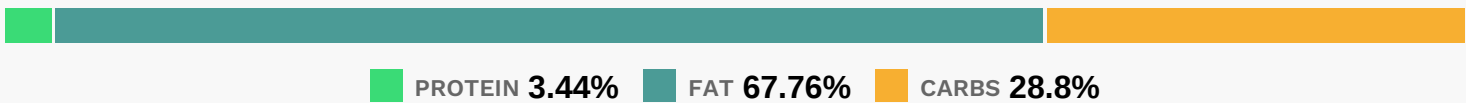
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan

Directions

- ☐ For the ganache, put the chocolate into a large bowl.
- ☐ Heat the cream in a pan until just boiling, then pour it over the chocolate. Leave for 5 mins, then stir until smooth.
- ☐ Put the ganache to one side to thicken and cool, then chill until needed.
- ☐ For the caramel sauce, heat the sugar and butter in a pan until the sugar has dissolved and the butter has melted.
- ☐ Add the cream, bring to the boil, then remove from the heat and leave to cool.
- ☐ For the brittle, line a baking tray with baking parchment, then put the sugar and 4 tbsp of water in a heavy-based frying pan and heat, without stirring, until golden brown. Stir through the nuts, and pour (in a thin layer) over the parchment.
- ☐ Sprinkle with tsp flaky sea salt and leave to set.
- ☐ To serve, drizzle each plate with sauce, heat a large spoon in a cup of hot water, then scoop out a curl of chocolate ganache for each plate. Break the brittle into shards and push a piece into each scoop.
- ☐ Sprinkle with crumbled brittle and add a pinch of sea salt.

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:20.32, Inflammation Score:-8, Nutrition Score:16.779130624688%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

Nutrients (% of daily need)

Calories: 830.48kcal (41.52%), Fat: 64.21g (98.78%), Saturated Fat: 34.21g (213.81%), Carbohydrates: 61.41g (20.47%), Net Carbohydrates: 56.16g (20.42%), Sugar: 51.97g (57.75%), Cholesterol: 119.06mg (39.69%), Sodium: 138.4mg (6.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 26.67mg (8.89%), Protein: 7.32g (14.65%), Manganese: 1.69mg (84.54%), Copper: 0.89mg (44.65%), Vitamin A: 1502.48IU (30.05%), Iron: 4.96mg (27.54%), Magnesium: 110.09mg (27.52%), Vitamin E: 3.75mg (25.02%), Fiber: 5.25g (21%), Phosphorus: 197.87mg (19.79%), Potassium: 447.46mg (12.78%), Zinc: 1.71mg (11.39%), Vitamin B2: 0.19mg (11.3%), Calcium: 109.44mg (10.94%), Vitamin B1: 0.13mg (8.93%), Vitamin K: 8.3µg (7.9%), Vitamin D: 1.16µg (7.76%), Selenium: 5.37µg (7.67%), Vitamin B6: 0.14mg (6.97%), Folate: 22.41µg (5.6%), Vitamin B5: 0.52mg (5.18%), Vitamin B12: 0.24µg (3.97%), Vitamin B3: 0.72mg (3.62%), Vitamin C: 1.49mg (1.8%)