

Chocolate Guinness Goodness

READY IN



45 min.

SERVINGS



6

CALORIES



822 kcal

SIDE DISH

Ingredients

- ☐ 7 ounces bittersweet chocolate 72% finely chopped (70 to cacao)
- ☐ 8 large egg yolk
- ☐ 14.9 ounce porter canned
- ☐ 3 cups cup heavy whipping cream
- ☐ 1 cup sugar

Equipment

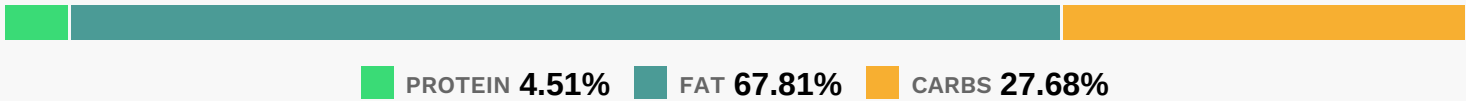
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ In large nonreactive mixing bowl, whisk together egg yolks and sugar.
- ☐ Open can of Guinness and slowly pour into 4-cup measuring cup, pouring down side of cup to reduce foaming.
- ☐ Pour half of Guinness (about 7/8 cup) into heavy-bottomed 3-quart saucepan.
- ☐ Add 2 1/4 cups cream and whisk to combine. Set over medium heat and heat, whisking occasionally, until bubbles just begin to form at edges.
- ☐ Remove from heat, add chocolate, and whisk until smooth.
- ☐ Slowly pour hot chocolate mixture into eggs, whisking constantly to prevent curdling. Return mixture to saucepan and set over moderately low heat. Cook, whisking constantly, until mixture thickens and coats back of spoon, about 15 minutes. (Pudding will look separated.)
- ☐ Pour into blender and blend on high for 1 minute. Divide pudding among glasses, leaving at least 1 inch of space at top of each. Cover with plastic wrap and refrigerate until chilled and set.
- ☐ Meanwhile, pour remaining Guinness into small saucepan and bring to boil over medium heat. Reduce heat to moderately low and simmer, uncovered, until reduced to 1 tablespoon, about 20 minutes.
- ☐ Pour syrup into small bowl and let cool.
- ☐ Beat remaining cream until soft peaks form.
- ☐ Add Guinness syrup and beat until combined. Divide cream among 6 glasses of pudding and serve.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-8, Nutrition Score:14.011739134789%

Nutrients (% of daily need)

Calories: 822.2kcal (41.11%), Fat: 61.74g (94.99%), Saturated Fat: 36.82g (230.13%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 54.05g (19.65%), Sugar: 49.01g (54.46%), Cholesterol: 381.25mg (127.08%), Sodium: 46.65mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 28.44mg (9.48%), Protein: 9.24g (18.48%), Vitamin A: 2092.69IU (41.85%), Selenium: 19.24µg (27.49%), Phosphorus: 243.41mg (24.34%), Manganese: 0.45mg (22.66%), Copper: 0.45mg (22.28%), Vitamin B2: 0.37mg (21.53%), Vitamin D: 3.13µg (20.85%), Magnesium: 67.67mg (16.92%), Iron: 2.84mg (15.8%), Calcium: 128.62mg (12.86%), Vitamin E: 1.87mg (12.5%), Vitamin B12: 0.69µg (11.53%), Zinc: 1.69mg (11.24%), Vitamin B5: 1.08mg (10.8%), Fiber: 2.65g (10.58%), Folate: 37.85µg (9.46%), Potassium: 325.96mg (9.31%), Vitamin B6: 0.13mg (6.61%), Vitamin K: 6.35µg (6.05%), Vitamin B1: 0.07mg (4.95%), Vitamin B3: 0.36mg (1.79%)