



Chocolate Hazelnut Puddings

READY IN



60 min.

SERVINGS



6

CALORIES



611 kcal

DESSERT

Ingredients

- 4 ounces baker's chocolate dark 53% cooled melted
- 0.8 cup butter softened
- 8 eggs separated
- 0.8 cup flour all-purpose
- 0.5 cup graham cracker crumbs
- 0.3 teaspoon ground cinnamon
- 6 servings ground cinnamon
- 0.3 teaspoon ground cloves
- 0.8 cup ground hazelnuts

- 0.3 cup sugar divided
- 6 servings whipped cream

Equipment

- bowl
- oven
- knife
- wire rack
- ramekin
- baking pan
- toothpicks

Directions

- Place egg whites in a large bowl; let stand at room temperature for 30 minutes. Grease six 6-oz. ramekins or custard cups; set aside.
- In a large bowl, cream butter and 1/4 cup sugar until light and fluffy.
- Add egg yolks, one at a time, beating well after each addition. Stir in the chocolate, flour, hazelnuts, cracker crumbs, cinnamon and cloves.
- With clean beaters, beat egg whites on medium speed until soft peaks form. Gradually beat in remaining sugar, 1 tablespoon at a time, on high until stiff peaks form. Gradually fold into chocolate mixture.
- Transfer to prepared ramekins.
- Place in a baking pan; add 1 in. of boiling water to pan.
- Bake, uncovered, at 325° for 40–45 minutes or until a toothpick inserted near the center comes out clean.
- Remove ramekins from water bath. Cool on a wire rack for 20 minutes.
- To unmold, run a knife around the rim of each cup and invert onto dessert plates.
- Serve warm with whipped cream.
- Sprinkle with additional cinnamon if desired.

Nutrition Facts

PROTEIN 8.93% FAT 68.42% CARBS 22.65%

Properties

Glycemic Index:55.68, Glycemic Load:18.66, Inflammation Score:-7, Nutrition Score:17.88217374812%

Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 610.5kcal (30.53%), Fat: 49.14g (75.6%), Saturated Fat: 24g (150.02%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 30.18g (10.97%), Sugar: 11.4g (12.66%), Cholesterol: 283.81mg (94.6%), Sodium: 317.74mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.12mg (5.04%), Protein: 14.43g (28.87%), Manganese: 1.32mg (66.25%), Selenium: 25.33µg (36.18%), Iron: 6.23mg (34.62%), Copper: 0.69mg (34.32%), Fiber: 6.42g (25.66%), Phosphorus: 236.34mg (23.63%), Vitamin B2: 0.4mg (23.36%), Vitamin A: 1073.27IU (21.47%), Magnesium: 79.1mg (19.78%), Zinc: 2.91mg (19.4%), Folate: 65.86µg (16.46%), Vitamin B1: 0.19mg (12.94%), Calcium: 113.77mg (11.38%), Vitamin B5: 1.06mg (10.57%), Vitamin B12: 0.59µg (9.8%), Vitamin E: 1.45mg (9.69%), Potassium: 292.56mg (8.36%), Vitamin D: 1.2µg (7.98%), Vitamin B3: 1.53mg (7.66%), Vitamin B6: 0.13mg (6.28%), Vitamin K: 4.92µg (4.69%)