



Chocolate Liliko'i Parfaits

READY IN



45 min.

SERVINGS



12

CALORIES



676 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 12 servings chocolate sauce
- ☐ 12 egg yolks
- ☐ 2 pounds brownies cut into 60 cubes (3/4-in.)
- ☐ 0.8 cup passion fruit puree
- ☐ 1 cup sugar
- ☐ 1.5 cups whipping cream

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a medium, heavy-bottomed saucepan, heat passion fruit pure and butter over medium heat, stirring occasionally, until simmering. In a medium bowl, whisk sugar and yolks together to form a paste. Slowly add hot liquid, whisking constantly, until combined.
- ☐ Pour mixture into pan and cook, whisking constantly, until it just reaches a simmer around the edges, about 4 minutes.
- ☐ Transfer to a glass or ceramic bowl, cover with a piece of plastic wrap pressed against the curd's surface to prevent a skin from forming, and chill until cold and firm, about 1 1/2 hours.
- ☐ Using an electric mixer, whisk cream until soft peaks form.
- ☐ Whisk in one-third of the cold curd; then, using a rubber spatula, fold in the remaining curd. Put 3 or 4 brownie chunks into the bottom of an 8-oz. juice glass or other serving dish of similar size. Top brownies with about 1/4 cup passion fruit cream, another 3 or 4 brownie chunks, then another 1/4 cup cream. Repeat with 11 more glasses. Chill until ready to serve.
- ☐ Heat chocolate sauce in microwave until it is warm and easily drizzles off the back of a spoon. Spoon about 1 tbsp. chocolate sauce over each parfait and serve.
- ☐ *Find passion fruit pure in the freezer section of most well-stocked grocery stores. You can either buy the brownies and chocolate sauce or make them yourself (see sunset.com for recipes).
- ☐ Make ahead: You can make the passion fruit cream and assemble the parfaits 1 day ahead.
- ☐ Add chocolate sauce at the last minute.

Nutrition Facts



 PROTEIN **4.57%**  FAT **47.87%**  CARBS **47.56%**

Properties

Glycemic Index:12.51, Glycemic Load:12.21, Inflammation Score:-5, Nutrition Score:6.6826086458953%

Nutrients (% of daily need)

Calories: 676.2kcal (33.81%), Fat: 36.41g (56.01%), Saturated Fat: 17.87g (111.71%), Carbohydrates: 81.37g (27.12%), Net Carbohydrates: 79.81g (29.02%), Sugar: 57.11g (63.45%), Cholesterol: 258.53mg (86.18%), Sodium: 336.4mg (14.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Vitamin A: 1239.07IU (24.78%), Selenium: 11.33µg (16.18%), Iron: 2.91mg (16.14%), Vitamin B2: 0.18mg (10.53%), Phosphorus: 101.86mg (10.19%), Vitamin D: 1.45µg (9.65%), Folate: 30µg (7.5%), Vitamin E: 1.1mg (7.31%), Vitamin B12: 0.42µg (7.06%), Vitamin B5: 0.63mg (6.31%), Fiber: 1.56g (6.25%), Vitamin C: 4.61mg (5.58%), Calcium: 48.69mg (4.87%), Vitamin B6: 0.09mg (4.44%), Zinc: 0.52mg (3.49%), Potassium: 105.79mg (3.02%), Vitamin B1: 0.04mg (2.58%), Vitamin K: 2.2µg (2.09%), Magnesium: 8.02mg (2.01%), Copper: 0.03mg (1.72%), Vitamin B3: 0.25mg (1.27%)