



Chocolate Mink



Gluten Free



Low Fod Map

READY IN



4500 min.

SERVINGS



2

CALORIES



583 kcal

SIDE DISH

Ingredients

- ☐ 3.5 oz fine-quality bittersweet chocolate unsweetened finely chopped (not)
- ☐ 1 large eggs separated
- ☐ 2 servings accompaniment: coffee ice cream
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted for greasing bowls or ramekins cut into pieces, plus additional

Equipment

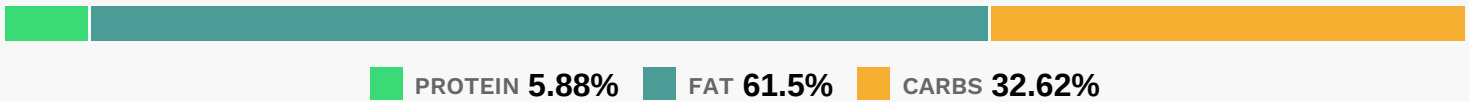
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter bowls or ramekins.
- ☐ Melt chocolate and butter in a metal bowl set over a saucepan of barely simmering water, stirring until smooth.
- ☐ Remove bowl from heat and cool, stirring occasionally, 5 minutes.
- ☐ Whisk in egg yolk and a pinch of salt until combined.
- ☐ Beat egg white in a bowl with an electric mixer at medium–high speed until it holds soft peaks. Gradually add sugar, beating, and continue to beat until white just holds stiff, glossy peaks.
- ☐ Whisk about one fourth of white into chocolate mixture to lighten, then fold in remaining white gently but thoroughly.
- ☐ Divide batter between bowls or ramekins. Cover each bowl with a small square of foil and crimp foil tightly around rim. Put bowls in a baking dish, then add enough boiling–hot water to reach halfway up side of bowls, making sure that foil is above water.
- ☐ Bake until puddings are just set, about 30 minutes. (Puddings will be gooey to the touch.)
- ☐ Transfer bowls to a rack and cool puddings, uncovered, about 1 hour.
- ☐ Just before serving, unmold puddings into serving bowls.
- ☐ Puddings can be made 4 hours ahead and kept in bowls or ramekins at warm room temperature. Dip in hot water 10 to 15 seconds to unmold.

Nutrition Facts



Properties

Glycemic Index:65.55, Glycemic Load:13.41, Inflammation Score:-6, Nutrition Score:12.981304353994%

Nutrients (% of daily need)

Calories: 583.1kcal (29.16%), Fat: 40.02g (61.57%), Saturated Fat: 23.39g (146.16%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 43.32g (15.75%), Sugar: 38.29g (42.55%), Cholesterol: 155.12mg (51.71%), Sodium: 94.86mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 42.67mg (14.22%), Protein: 8.62g (17.23%), Manganese: 0.67mg (33.52%), Copper: 0.65mg (32.75%), Phosphorus: 251.15mg (25.12%), Magnesium: 99.84mg (24.96%), Iron: 3.64mg (20.21%), Selenium: 13.21µg (18.87%), Vitamin B2: 0.3mg (17.82%), Fiber: 4.43g (17.72%), Vitamin A: 787.53IU (15.75%), Zinc: 2.11mg (14.04%), Calcium: 132.66mg (13.27%), Potassium: 450.62mg (12.87%), Vitamin B12: 0.59µg (9.88%), Vitamin B5: 0.93mg (9.31%), Vitamin E: 1.08mg (7.19%), Vitamin D: 0.84µg (5.61%), Vitamin K: 4.82µg (4.6%), Vitamin B6: 0.09mg (4.57%), Folate: 15.47µg (3.87%), Vitamin B1: 0.05mg (3.58%), Vitamin B3: 0.52mg (2.58%)