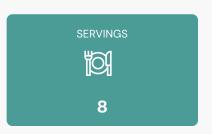


Chocolate Mint Pots de Crème

Gluten Free







DESSERT

Ingredients

- 3 ounces mint-filled chocolate squares for garnish (3 big handfuls)
- 0.5 cup milk chocolate shavings
- 8 large egg yolk
- 2 cups cup heavy whipping cream
- 2 cups milk
- 1 cup sugar
- 8 servings garnish: whipped cream sweetened

Equipment

	bowl
	frying pan
	baking sheet
	oven
	whisk
	pot
	ramekin
	baking pan
	roasting pan
	aluminum foil
Directions	
	Heat together cream, milk, and mint in a medium pot over medium heat until mixture starts to simmer.
	Remove from heat, cover, and let steep about 2 hours.
	Preheat oven to 30
	Set 8 ramekins (4 oz. each) in a large roasting pan or baking dish.
	Reheat cream mixture to a simmer; strain into a medium bowl.
	Whisk together sugar and yolks in a large bowl. Slowly add cream to yolk mixture, whisking constantly.
	Pour mixture into ramekins, dividing evenly. Fill pan with hot water until it reaches halfway up sides of ramekins.
	Cover pan with foil and bake until custards are set and jiggle only slightly in the center, about 30 minutes.
	Remove from oven and let sit in hot water 30 minutes.
	Transfer ramekins to a baking sheet, cover, and chill at least 2 hours and up to 3 days.
	Serve with whipped cream, fresh mint leaves, and chocolate shavings.

Nutrition Facts

Properties

Glycemic Index:20.39, Glycemic Load:18.95, Inflammation Score:-7, Nutrition Score:11.803043355112%

Flavonoids

Eriodictyol: 3.29mg, Eriodictyol: 3.29mg, Eriodictyol: 3.29mg, Eriodictyol: 3.29mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg

Nutrients (% of daily need)

Calories: 498.37kcal (24.92%), Fat: 35.11g (54.02%), Saturated Fat: 20.56g (128.48%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 38.1g (13.85%), Sugar: 35.62g (39.58%), Cholesterol: 263.6mg (87.87%), Sodium: 52.91mg (2.3%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 12.72mg (4.24%), Protein: 7.89g (15.78%), Vitamin A: 1718.71IU (34.37%), Phosphorus: 213.97mg (21.4%), Selenium: 13.94µg (19.91%), Vitamin B2: 0.33mg (19.41%), Calcium: 177.54mg (17.75%), Vitamin D: 2.57µg (17.1%), Manganese: 0.33mg (16.72%), Vitamin B12: 0.8µg (13.34%), Copper: 0.24mg (12.11%), Magnesium: 47.52mg (11.88%), Iron: 2.01mg (11.19%), Folate: 39.5µg (9.87%), Vitamin B5: 0.99mg (9.86%), Potassium: 320.21mg (9.15%), Zinc: 1.32mg (8.79%), Fiber: 2.03g (8.13%), Vitamin E: 1.14mg (7.61%), Vitamin B6: 0.14mg (6.94%), Vitamin B1: 0.09mg (6.11%), Vitamin C: 3.74mg (4.53%), Vitamin K: 3.38µg (3.22%), Vitamin B3: 0.42mg (2.08%)