



Chocolate Mint Pots de Crème

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



498 kcal

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



 **PROTEIN 6.21%**  **FAT 62.2%**  **CARBS 31.59%**

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, 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

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 %: 0% (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%)