



Chocolate-Orange Cream

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz neufchatel cheese light at room temperature (cream) ()
- ☐ 1 teaspoon orange zest grated
- ☐ 1.3 cups powdered sugar
- ☐ 0.5 cup bittersweet chocolate finely chopped
- ☐ 1 teaspoon vanilla
- ☐ 2 cups whipping cream

Equipment

- ☐ bowl

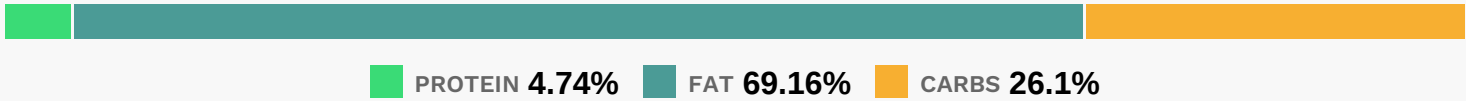
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hand mixer

Directions

- ☐ In a bowl, with an electric mixer on high speed, beat neufchtel cheese, orange peel, and vanilla until smooth.
- ☐ Add whipping cream and beat on low speed until blended, then on high speed just until mixture resembles stiffly beaten whipped cream (do not overbeat).
- ☐ Sift powdered sugar and fold into cream mixture. Fold in chocolate until evenly distributed.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:21.259999980097%

Nutrients (% of daily need)

Calories: 1647.89kcal (82.39%), Fat: 128.51g (197.71%), Saturated Fat: 78.88g (493.02%), Carbohydrates: 109.12g (36.37%), Net Carbohydrates: 105.51g (38.37%), Sugar: 100.23g (111.37%), Cholesterol: 355.48mg (118.49%), Sodium: 449.09mg (19.53%), Alcohol: 0.69g (100%), Alcohol %: 0.18% (100%), Caffeine: 37.63mg (12.54%), Protein: 19.83g (39.66%), Vitamin A: 4478.35IU (89.57%), Phosphorus: 408.61mg (40.86%), Vitamin B2: 0.66mg (38.92%), Calcium: 319.46mg (31.95%), Copper: 0.61mg (30.52%), Manganese: 0.6mg (30.11%), Magnesium: 105.46mg (26.36%), Vitamin D: 3.81µg (25.39%), Selenium: 14.68µg (20.97%), Vitamin E: 2.9mg (19.36%), Potassium: 653.11mg (18.66%), Zinc: 2.67mg (17.82%), Iron: 3.21mg (17.81%), Fiber: 3.61g (14.42%), Vitamin B5: 1.4mg (13.96%), Vitamin B12: 0.8µg (13.33%), Vitamin K: 12.69µg (12.09%), Vitamin B6: 0.15mg (7.35%), Folate: 25.7µg (6.42%), Vitamin B1: 0.09mg (5.86%), Vitamin B3: 0.77mg (3.87%), Vitamin C: 2.79mg (3.38%)