



Chocolate Orange Pots de Crème

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



355 kcal

DESSERT

Ingredients

- ☐ 6.5 ounces bittersweet chocolate such as lindt excellence intense orange orange-flavored finely chopped
- ☐ 0.8 teaspoon cinnamon
- ☐ 6 large egg yolks
- ☐ 1.3 cups heavy cream
- ☐ 2 tablespoons sugar
- ☐ 8 servings accompaniment: whipped cream
- ☐ 1 cup milk whole

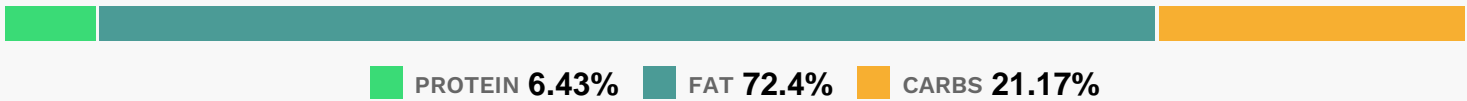
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ roasting pan
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Bring cream, milk, and cinnamon to a simmer in a small saucepan.
- ☐ Remove from heat and whisk in chocolate until melted.
- ☐ Whisk together yolks, sugar, and a pinch of salt, then whisk in chocolate mixture. Strain through a fine-mesh sieve into a bowl and cool to room temperature, stirring occasionally.
- ☐ Preheat oven to 300°F with rack in middle. Line a roasting pan with a folded kitchen towel and put ramekins on towel.
- ☐ Divide custard among ramekins and add enough boiling-hot water to pan to reach halfway up them. Cover pan tightly with foil and poke a few holes in it. Carefully transfer pan to oven and bake until custards are set around edge but slightly wobbly in center, about 30 minutes.
- ☐ Cool custards on a rack, uncovered, about 1 hour, then chill, covered, until cold, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:3.05, Inflammation Score:-5, Nutrition Score:8.6973912845487%

Nutrients (% of daily need)

Calories: 355.02kcal (17.75%), Fat: 28.84g (44.38%), Saturated Fat: 16.81g (105.08%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 17.03g (6.19%), Sugar: 14.63g (16.26%), Cholesterol: 192.13mg (64.04%), Sodium: 31.25mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.81mg (6.6%), Protein: 5.76g (11.53%), Vitamin A: 869.54IU (17.39%), Manganese: 0.35mg (17.34%), Phosphorus: 168.88mg (16.89%), Selenium: 10.95µg (15.65%), Copper: 0.3mg (15.17%), Magnesium: 48.39mg (12.1%), Vitamin B2: 0.2mg (11.75%), Vitamin D: 1.68µg (11.22%), Iron: 1.86mg (10.35%), Calcium: 102.39mg (10.24%), Vitamin B12: 0.54µg (8.93%), Fiber: 1.94g (7.77%), Zinc: 1.15mg (7.67%), Vitamin B5: 0.68mg (6.84%), Potassium: 237.62mg (6.79%), Vitamin E: 0.89mg (5.92%), Folate: 20.39µg (5.1%), Vitamin B6: 0.09mg (4.39%), Vitamin B1: 0.06mg (3.81%), Vitamin K: 3.28µg (3.12%), Vitamin B3: 0.26mg (1.3%)