



Chocolate Pot De Creme

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



228 kcal

Ingredients

- ☐ 7 ounces bittersweet chocolate chopped
- ☐ 2 large egg yolk lightly beaten
- ☐ 1 tablespoon grand marnier flavored (see above)
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 2 tablespoons orange zest
- ☐ 2 tablespoons butter unsalted softened

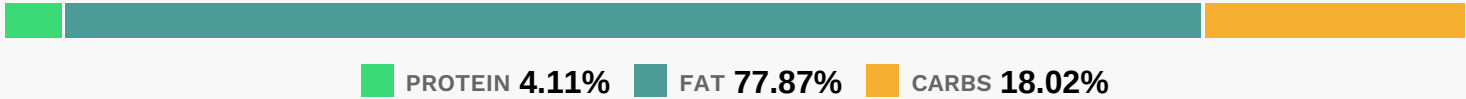
Equipment

- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ In a saucepan over medium-high heat, bring the cream to a boil.
- ☐ Remove from the heat and stir in the chocolate and egg yolks until chocolate has melted. Stir in Grand Marnier. Set aside until just warm.
- ☐ Stir in butter until melted (mixture will be very thick).
- ☐ Divide the mixture among 12 small glasses and cover with plastic wrap. Refrigerate until firm (2-4 hours or up to overnight).
- ☐ Garnish with 1/2 teaspoon zest.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.4604347633279%

Nutrients (% of daily need)

Calories: 227.57kcal (11.38%), Fat: 19.72g (30.35%), Saturated Fat: 11.96g (74.73%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 8.84g (3.21%), Sugar: 7.36g (8.18%), Cholesterol: 70.23mg (23.41%), Sodium: 11.43mg (0.5%), Alcohol: 0.32g (100%), Alcohol %: 0.77% (100%), Caffeine: 14.55mg (4.85%), Protein: 2.34g (4.69%), Manganese: 0.22mg (11.06%), Vitamin A: 548.96IU (10.98%), Copper: 0.21mg (10.68%), Magnesium: 31.63mg (7.91%), Phosphorus: 72.15mg (7.21%), Iron: 1.16mg (6.45%), Fiber: 1.43g (5.72%), Selenium: 3.91µg (5.58%), Vitamin B2: 0.08mg (4.76%), Vitamin D: 0.66µg (4.43%), Zinc: 0.58mg (3.87%), Potassium: 128.17mg (3.66%), Calcium: 35.73mg (3.57%), Vitamin E: 0.5mg (3.34%), Vitamin B12: 0.14µg (2.28%), Vitamin K: 2.33µg (2.22%), Vitamin B5: 0.22mg (2.18%), Vitamin C: 1.54mg (1.86%), Folate: 5.7µg (1.42%), Vitamin B6: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.17%)