



Chocolate Pots de Crème

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 large eggs
- ☐ 2.5 cups milk fat-free
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

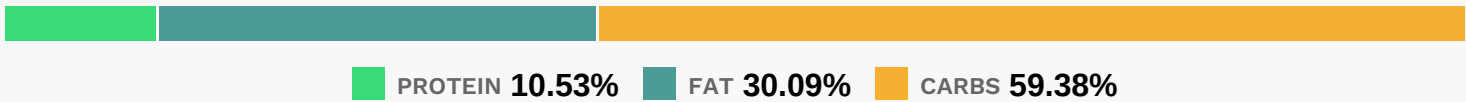
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place eggs in a medium bowl; stir with a whisk until eggs are lightly beaten.
- ☐ Combine milk, sugar, cocoa, and salt in a medium saucepan over medium heat. Cook until sugar dissolves, stirring occasionally (about 3 minutes).
- ☐ Add vanilla and chocolate; stir until chocolate melts.
- ☐ Gradually add 1/4 cup hot milk mixture to eggs, stirring constantly with a whisk.
- ☐ Add egg mixture to milk mixture in pan, stirring with a whisk to combine.
- ☐ Pour into 8 (4-ounce) ramekins.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 35 minutes or until a knife inserted in center comes out clean.
- ☐ Remove ramekins from pan; cool completely on a wire rack. Chill 8 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:14.33, Inflammation Score:-3, Nutrition Score:7.0500000041464%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 205.73kcal (10.29%), Fat: 7.11g (10.94%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 29.43g (10.7%), Sugar: 27.94g (31.04%), Cholesterol: 49.65mg (16.55%), Sodium: 87.69mg (3.81%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Caffeine: 18.37mg (6.12%), Protein: 5.6g (11.19%), Phosphorus: 163.28mg (16.33%), Manganese: 0.3mg (14.94%), Copper: 0.29mg (14.55%), Magnesium: 49.11mg (12.28%), Calcium: 120.56mg (12.06%), Vitamin B2: 0.17mg (10.29%), Selenium: 7.06µg (10.08%), Vitamin B12: 0.58µg (9.68%), Fiber: 2.13g (8.51%), Iron: 1.5mg (8.32%), Potassium: 267.45mg (7.64%), Vitamin D: 1.09µg (7.28%), Zinc: 1.07mg (7.11%), Vitamin B5: 0.51mg (5.14%), Vitamin A: 230.77IU (4.62%), Vitamin B6: 0.07mg (3.69%), Vitamin B1: 0.05mg (3.64%), Folate: 8.27µg (2.07%), Vitamin E: 0.22mg (1.45%), Vitamin B3: 0.28mg (1.4%), Vitamin K: 1.13µg (1.07%)