



Chocolate Pots de Crème

 Gluten Free

READY IN



492 min.

SERVINGS



10

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 2 large eggs
- ☐ 1.3 cups milk
- ☐ 0.1 teaspoon salt
- ☐ 9 ounces bittersweet chocolate finely chopped
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons vanilla extract

Equipment

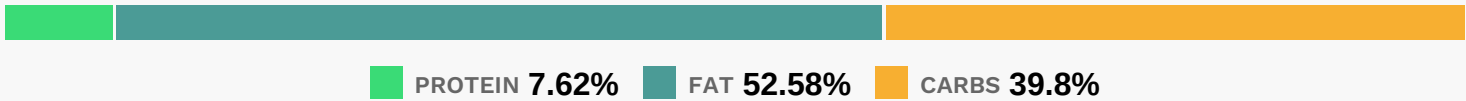
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ ramekin
- ☐ kitchen thermometer

Directions

- ☐ Combine first 3 ingredients in a medium bowl, stirring with a whisk. Gradually add milk, stirring with a whisk. Set bowl over a saucepan of simmering water. Cook, stirring constantly, 8 minutes or until a thermometer registers 16
- ☐ Remove bowl from heat; add chocolate, vanilla, and, if desired, rum, stirring until chocolate melts and mixture is smooth.
- ☐ Pour chocolate mixture evenly into 10 (4-ounce) ramekins or small glasses. Cover and chill 8 hours.
- ☐ Garnish with raspberries and mint, if desired.
- ☐ Mixing in a splash of rum or brandy for adults adds a little touch of sophistication.
- ☐ Kids Can Help: Kids can stir the chocolate with the help of a parent and watch it transform into this delicious dessert. They can also garnish the top with the raspberries and mint.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:4.03, Inflammation Score:-2, Nutrition Score:5.7726086118947%

Nutrients (% of daily need)

Calories: 201.88kcal (10.09%), Fat: 11.72g (18.03%), Saturated Fat: 6.5g (40.63%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 17.91g (6.51%), Sugar: 15.96g (17.74%), Cholesterol: 42.39mg (14.13%), Sodium: 57.53mg (2.5%), Alcohol: 0.28g (100%), Alcohol %: 0.49% (100%), Caffeine: 21.94mg (7.31%), Protein: 3.82g (7.64%), Manganese: 0.34mg (17.21%), Copper: 0.33mg (16.34%), Magnesium: 49.86mg (12.47%), Phosphorus: 116.99mg (11.7%), Iron: 1.79mg (9.95%), Selenium: 5.82µg (8.32%), Fiber: 2.04g (8.16%), Zinc: 0.93mg (6.21%), Vitamin B2: 0.1mg (6%), Calcium: 59.09mg (5.91%), Potassium: 205.51mg (5.87%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.54µg (3.57%), Vitamin B5: 0.34mg (3.44%), Vitamin A: 116.17IU (2.32%), Vitamin B6: 0.04mg (2.22%), Vitamin B1: 0.03mg (1.96%), Vitamin K: 1.96µg (1.87%), Vitamin E: 0.27mg (1.81%), Vitamin B3: 0.26mg (1.28%), Folate: 4.7µg (1.17%)