



Chocolate Pots de Creme



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



825 kcal

DESSERT

Ingredients

- ☐ 4 ounces chocolate dark finely chopped
- ☐ 4 egg yolks lightly beaten
- ☐ 0.7 cup heavy cream
- ☐ 0.7 cup milk
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

Equipment

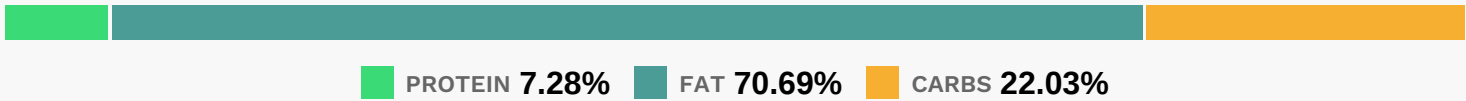
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Heat the cream, milk, vanilla and sugar in a small sauce pan.
- ☐ Place the chocolate in a large bowl, pour the hot cream over it and stir to melt the chocolate.Slowly whisk the egg yolks into the chocolate and cream.Strain and pour into 4 ramekins.
- ☐ Place the ramekins into a baking dish and pour hot water into the dish until it comes half way up the ramekins.
- ☐ Bake in a preheated 325F oven until it sets, about 20-30 minutes.Chill in the fridge.

Nutrition Facts



Properties

Glycemic Index:65.55, Glycemic Load:14.38, Inflammation Score:-8, Nutrition Score:24.217391306939%

Nutrients (% of daily need)

Calories: 825.47kcal (41.27%), Fat: 64.99g (99.99%), Saturated Fat: 37.08g (231.77%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 39.39g (14.32%), Sugar: 32.26g (35.85%), Cholesterol: 489.91mg (163.3%), Sodium: 81.25mg (3.53%), Alcohol: 0.69g (100%), Alcohol %: 0.33% (100%), Caffeine: 45.36mg (15.12%), Protein: 15.06g (30.13%), Manganese: 1.13mg (56.67%), Copper: 1.04mg (52.04%), Phosphorus: 443.31mg (44.33%), Iron: 7.82mg (43.43%), Selenium: 28.01µg (40.02%), Vitamin A: 1839.19IU (36.78%), Magnesium: 146.63mg (36.66%), Vitamin B2: 0.5mg (29.4%), Vitamin D: 4.11µg (27.39%), Fiber: 6.18g (24.72%), Calcium: 240.57mg (24.06%), Vitamin B12: 1.43µg (23.78%), Zinc: 3.23mg (21.55%), Potassium: 645.2mg (18.43%), Vitamin B5: 1.82mg (18.2%), Folate: 55.73µg (13.93%), Vitamin E: 2.03mg (13.56%), Vitamin B6: 0.23mg (11.27%), Vitamin B1: 0.14mg (9.62%), Vitamin K: 7.17µg (6.83%), Vitamin B3: 0.75mg (3.75%)