



Chocolate & raspberry pots

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 200 g chocolate plain 50% (not too bitter, or less)
- ☐ 100 g raspberry fresh frozen
- ☐ 500 g greek yogurt
- ☐ 3 tbsp honey
- ☐ 6 servings chocolate curls for serving

Equipment

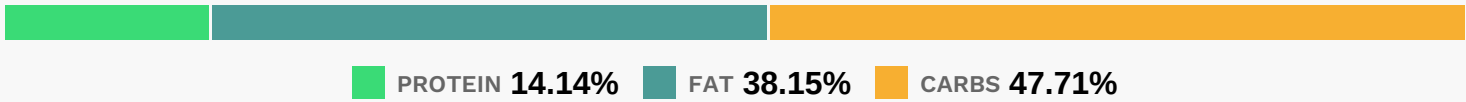
- ☐ bowl
- ☐ sauce pan

☐ ramekin

Directions

- ☐ Break the chocolate into small pieces and place in a heatproof bowl. Bring a little water to the boil in a small saucepan, then place the bowl of chocolate on top, making sure the bottom of the bowl does not touch the water. Leave the chocolate to melt slowly over a low heat.
- ☐ Remove the chocolate from the heat and leave to cool for 10 mins. Meanwhile, divide the raspberries between 6 small ramekins or glasses.
- ☐ When the chocolate has cooled slightly, quickly mix in the yogurt and honey. Spoon the chocolate mixture over the raspberries.
- ☐ Place in the fridge to cool, then finish the pots with a few chocolate shavings before serving.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:12.54, Inflammation Score:-2, Nutrition Score:7.3260870213094%

Flavonoids

Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 266.21kcal (13.31%), Fat: 12.2g (18.77%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.31g (11.38%), Sugar: 29.61g (32.9%), Cholesterol: 4.23mg (1.41%), Sodium: 36.02mg (1.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 22.86mg (7.62%), Protein: 10.18g (20.35%), Vitamin B2: 0.32mg (19.12%), Phosphorus: 170.19mg (17.02%), Manganese: 0.31mg (15.27%), Selenium: 9.38µg (13.41%), Magnesium: 52.47mg (13.12%), Fiber: 3.02g (12.07%), Copper: 0.24mg (11.84%), Calcium: 105.92mg (10.59%), Vitamin B12: 0.59µg

(9.75%), Potassium: 250.46mg (7.16%), Zinc: 1.06mg (7.08%), Iron: 1.2mg (6.67%), Vitamin C: 4.42mg (5.36%), Vitamin B6: 0.08mg (3.98%), Vitamin B5: 0.36mg (3.64%), Vitamin K: 3.47µg (3.31%), Folate: 10.54µg (2.64%), Vitamin B3: 0.52mg (2.6%), Vitamin B1: 0.03mg (2.04%), Vitamin E: 0.25mg (1.64%)