



Chocolate soup

 **Gluten Free**

READY IN



10 min.

SERVINGS



4

CALORIES



599 kcal

Ingredients

- 150 ml double cream
- 200 g chocolate dark
- 100 ml strong coffee decoction
- 4 tbsp brandy
- 4 servings whipped cream

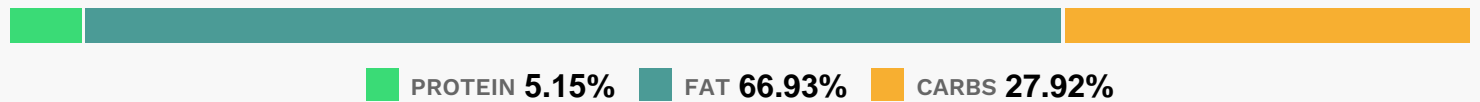
Equipment

- bowl
- sauce pan
- knife

Directions

- Put the cream in a saucepan over a medium heat and gently bring to the boil. Meanwhile, chop the chocolate into small pieces using a heavy knife and prepare the coffee.
- Once the cream is just boiling, turn off the heat and throw in the chopped chocolate. Stir gently until completely smooth, then add the coffee and brandy (if using).
- To serve, divide between 4 small bowls and add a scoop of vanilla ice cream to each.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:13.24, Inflammation Score:-7, Nutrition Score:14.700869575791%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 598.78kcal (29.94%), Fat: 42.2g (64.92%), Saturated Fat: 25.4g (158.77%), Carbohydrates: 39.6g (13.2%),
Net Carbohydrates: 33.69g (12.25%), Sugar: 27.09g (30.1%), Cholesterol: 73.17mg (24.39%), Sodium: 73.64mg
(3.2%), Alcohol: 5.01g (100%), Alcohol %: 3.28% (100%), Caffeine: 50.02mg (16.67%), Protein: 7.31g (14.61%),
Manganese: 0.99mg (49.41%), Copper: 0.91mg (45.3%), Iron: 6.06mg (33.64%), Magnesium: 126.63mg (31.66%),
Phosphorus: 246.53mg (24.65%), Fiber: 5.91g (23.65%), Vitamin A: 851.9IU (17.04%), Vitamin B2: 0.29mg (16.94%),
Potassium: 537.25mg (15.35%), Zinc: 2.21mg (14.75%), Calcium: 146.38mg (14.64%), Selenium: 5.72µg (8.17%),
Vitamin B12: 0.46µg (7.63%), Vitamin B5: 0.75mg (7.52%), Vitamin E: 0.84mg (5.62%), Vitamin D: 0.74µg (4.9%),
Vitamin K: 5.08µg (4.84%), Vitamin B1: 0.06mg (3.73%), Vitamin B3: 0.68mg (3.39%), Vitamin B6: 0.06mg (3.21%),
Folate: 5.31µg (1.33%)