



Chocolate Soup with Raspberry and Hazelnut Salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



860 kcal

DESSERT

Ingredients

- ☐ 0.5 pound bittersweet chocolate chopped
- ☐ 1 piece bittersweet chocolate to shave for garnish
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon mint leaves fresh thinly sliced
- ☐ 2 tablespoon hazelnuts roughly chopped
- ☐ 1.5 cups heavy cream
- ☐ 0.5 pint raspberries

- ☐ 0.3 cup raspberry liqueur recommended: Framboise
- ☐ 2 tablespoons raspberry liqueur recommended: Framboise
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup whipped cream sweetened for garnish

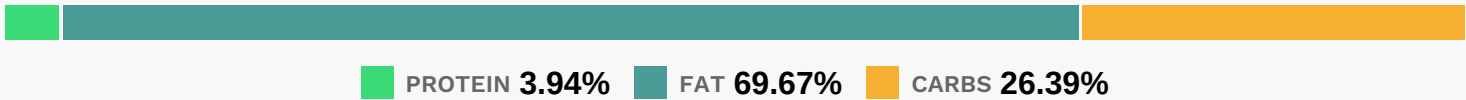
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ For the ganache:In a small saucepan bring the cream, butter, and sugar to a boil.
- ☐ Remove from the heat and stir in the chopped chocolate so that it melts completely. Stir in the raspberry liqueur.
- ☐ Let the ganache cool to room temperature and reserve.
- ☐ For the salad:Gently combine the raspberries, hazelnuts, mint, small pinch of salt and raspberry liqueur.
- ☐ In a wide, shallow soup bowl pour about 3 ounces of the room temperature ganache to fill a shallow pool in the bottom of the bowl, about 1/8-inch deep.
- ☐ Place a nice spoonful of the raspberry/hazelnut salad in the center and garnish with a small spoonful of whipped cream and shaved bittersweet chocolate. Top with chopped hazelnuts as well.

Nutrition Facts



Properties

Glycemic Index:54.02, Glycemic Load:3.49, Inflammation Score:-8, Nutrition Score:19.592608659164%

Flavonoids

Cyanidin: 27.41mg, Cyanidin: 27.41mg, Cyanidin: 27.41mg, Cyanidin: 27.41mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 859.75kcal (42.99%), Fat: 64.64g (99.45%), Saturated Fat: 37.66g (235.36%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 45.55g (16.56%), Sugar: 39.58g (43.98%), Cholesterol: 117.9mg (39.3%), Sodium: 66.05mg (2.87%), Alcohol: 5.78g (100%), Alcohol %: 2.88% (100%), Caffeine: 60.57mg (20.19%), Protein: 8.23g (16.46%), Manganese: 1.57mg (78.43%), Copper: 0.96mg (47.9%), Fiber: 9.53g (38.1%), Magnesium: 142.08mg (35.52%), Vitamin A: 1556.28IU (31.13%), Iron: 4.84mg (26.89%), Phosphorus: 258.8mg (25.88%), Vitamin C: 16.74mg (20.3%), Vitamin E: 2.59mg (17.27%), Potassium: 594.99mg (17%), Zinc: 2.32mg (15.5%), Vitamin B2: 0.24mg (14.1%), Calcium: 130.6mg (13.06%), Vitamin K: 13.15µg (12.53%), Selenium: 8.49µg (12.13%), Vitamin D: 1.46µg (9.72%), Vitamin B5: 0.69mg (6.9%), Vitamin B1: 0.09mg (6.28%), Vitamin B6: 0.12mg (5.92%), Folate: 23.4µg (5.85%), Vitamin B3: 1.09mg (5.47%), Vitamin B12: 0.29µg (4.75%)