



Chocolate Truffle Pots de Creme

 Gluten Free  Low Fod Map

READY IN



140 min.

SERVINGS



8

CALORIES



327 kcal

DESSERT

Ingredients

- 1 tablespoon cognac such as frangelico or grand marnier flavored
- 5 egg yolks
- 2.3 cups half-and-half
- 0.3 teaspoon kosher salt
- 8 ounce bars semisweet chocolate chopped
- 0.3 cup sugar
- 1 teaspoon vanilla extract
- 8 servings whipped cream toasted chopped for garnish

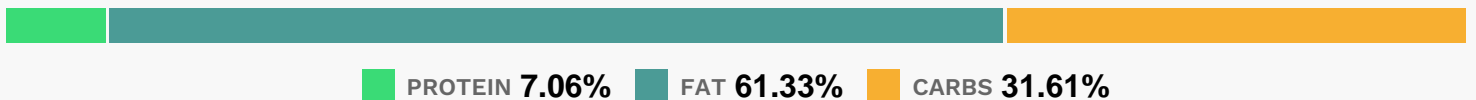
Equipment

- bowl
- baking sheet
- whisk
- pot
- sieve
- ramekin

Directions

- Arrange eight 4-ounce ramekins or small coffee cups on a baking sheet.
- Heat the half-and-half, sugar and salt in a pot over medium heat until it just comes to a boil.
- Whisk the egg yolks with the cognac and vanilla in a medium bowl.
- Whisk about 1/2 cup of the hot half-and-half into the yolks until smooth and then whisk the egg mixture back into the pot. Continue to cook until the mixture thickens slightly, stirring constantly, 2 to 3 minutes.
- Place the chocolate in a large bowl and pour the hot cream mixture over the chocolate.
- Whisk until smooth and then lightly stir to remove any air bubbles.
- If the mixture is not completely smooth, pour through a strainer and then divide evenly between the ramekins. Chill until cold and set, at least 2 hours or overnight.
- Serve with a dusting of cocoa powder, whipped cream and/or a sprinkle of nuts, coconut or chocolate curls.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-4, Nutrition Score:8.5117390000302%

Nutrients (% of daily need)

Calories: 326.6kcal (16.33%), Fat: 22.08g (33.97%), Saturated Fat: 12.33g (77.04%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 23.26g (8.46%), Sugar: 20.55g (22.84%), Cholesterol: 147.08mg (49.03%), Sodium: 122.78mg (5.34%), Alcohol: 0.66g (100%), Alcohol %: 0.71% (100%), Caffeine: 25.73mg (8.58%), Protein: 5.72g (11.43%), Manganese: 0.4mg (19.88%), Copper: 0.38mg (19.13%), Phosphorus: 184.99mg (18.5%), Selenium: 10.99µg (15.7%), Magnesium: 59.14mg (14.79%), Iron: 2.2mg (12.23%), Vitamin B2: 0.21mg (12.22%), Calcium: 105.72mg (10.57%), Fiber: 2.35g (9.39%), Zinc: 1.3mg (8.69%), Vitamin A: 417.84IU (8.36%), Potassium: 269.96mg (7.71%), Vitamin B12: 0.4µg (6.69%), Vitamin B5: 0.62mg (6.21%), Folate: 18.47µg (4.62%), Vitamin E: 0.63mg (4.22%), Vitamin B6: 0.08mg (4.18%), Vitamin D: 0.61µg (4.05%), Vitamin B1: 0.05mg (3.32%), Vitamin K: 3.08µg (2.93%), Vitamin B3: 0.33mg (1.64%)