



Chocolate Yogurt Pots de Creme with Candied Orange Peel

 Gluten Free

READY IN



105 min.

SERVINGS



10

CALORIES



247 kcal

Ingredients

- ☐ 6 oz semi chocolate chips
- ☐ 0.8 cup condensed milk fat-free sweetened canned (not evaporated)
- ☐ 6 oz pork butt light yoplait®
- ☐ 2 eggs
- ☐ 1 orange zest cut into thin strips
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 325°F.
- ☐ In 2-quart saucepan, heat chocolate chips and condensed milk over medium heat about 5 minutes or until chocolate chips are melted, stirring occasionally.
- ☐ Remove from heat. Using whisk, beat in yogurt and eggs until smooth.
- ☐ Divide mixture among 10 custard cups.
- ☐ Place cups in large ovenproof pan; carefully pour in warm water, until water level comes halfway up sides of cups.
- ☐ Bake about 30 minutes or just until beginning to set.
- ☐ Remove from oven and water bath. Cool 30 minutes.
- ☐ Meanwhile, fill 2-quart saucepan with 2 inches water; heat to boiling.
- ☐ Place orange peel strips in boiling water 1 minute; immediately remove and place in bowl filled with ice water.
- ☐ Let stand 1 minute; drain.
- ☐ In 8-inch skillet, heat 1 cup water and 1/2 cup of the sugar to simmering over medium heat.
- ☐ Add orange peel strips, and simmer (do not boil) until white part of peel is translucent, about 20 minutes.
- ☐ Drain; place on cooking parchment paper-lined cookie sheet until dry, about 1 hour.
- ☐ Roll strips in 1 tablespoon sugar and immediately roll into tight curls.
- ☐ Serve with pots de creme.
- ☐ Cover and refrigerate any remaining pots de creme.

Nutrition Facts



 PROTEIN **11.53%**  FAT **37.46%**  CARBS **51.01%**

Properties

Glycemic Index:13.11, Glycemic Load:14.6, Inflammation Score:-2, Nutrition Score:7.0647825883782%

Nutrients (% of daily need)

Calories: 246.86kcal (12.34%), Fat: 10.36g (15.93%), Saturated Fat: 5.62g (35.14%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 30.24g (11%), Sugar: 28.74g (31.94%), Cholesterol: 51.77mg (17.26%), Sodium: 54.54mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 7.17g (14.34%), Selenium: 12.4µg (17.71%), Phosphorus: 154.32mg (15.43%), Vitamin B2: 0.21mg (12.49%), Copper: 0.24mg (12.06%), Manganese: 0.23mg (11.59%), Magnesium: 40.97mg (10.24%), Zinc: 1.36mg (9.04%), Calcium: 85.07mg (8.51%), Vitamin B1: 0.13mg (8.4%), Iron: 1.49mg (8.29%), Potassium: 254.14mg (7.26%), Vitamin B5: 0.63mg (6.3%), Vitamin B6: 0.12mg (6.16%), Vitamin B12: 0.36µg (6.08%), Fiber: 1.49g (5.95%), Vitamin B3: 0.95mg (4.77%), Vitamin C: 2.23mg (2.7%), Vitamin A: 122.34IU (2.45%), Vitamin D: 0.32µg (2.16%), Vitamin E: 0.27mg (1.82%), Folate: 7.02µg (1.76%), Vitamin K: 1.39µg (1.32%)