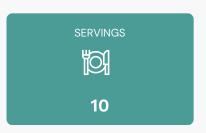


Chocolate Yogurt Pots de Creme with Candied Orange Peel

Gluten Free







Ingredients

6 oz sem	i c	hocol	late	ch	ips

O.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
Di	rections
	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

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 %: O% (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%)