

Chocolate Yummy

READY IN



45 min.

SERVINGS



6

CALORIES



954 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 servings milk chocolate shavings for garnish
- ☐ 0.5 cup powdered sugar
- ☐ 1 pound cream cheese
- ☐ 3.5 ounces chocolate dark coarsely chopped
- ☐ 3 egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups cup heavy whipping cream

- ☐ 1 ounce chocolate coarsely chopped
- ☐ 3 ounces pecans toasted
- ☐ 1 pinch salt
- ☐ 0.3 teaspoon vanilla extract

Equipment

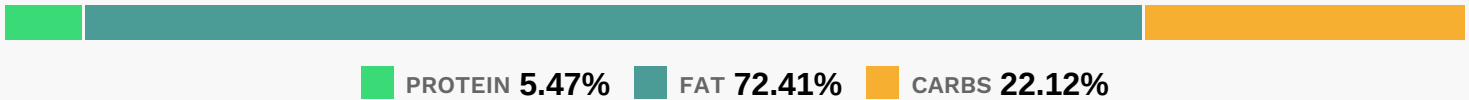
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Place the pecans and sugar in a food processor and pulse together for 30 seconds.
- ☐ In the bowl of an electric mixer, cream together the butter, vanilla, and the pecan-sugar mixture, then stir in the flour and salt until just mixed. Chill the dough for 30 minutes.
- ☐ Preheat the oven to 325°F.
- ☐ Use your fingers to press the chilled dough into a 9-inch square baking dish. Prick the dough with a fork and bake 10 to 15 minutes, until lightly golden. Cool the cooked dough while preparing the remaining layers.
- ☐ Heat the cream for the pudding in a heavy-bottomed saucepan over medium heat. Stir together the sugar and egg yolks in a mixing bowl. When the cream is hot (but not boiling), temper the cream into the yolks by slowly adding half the cream while stirring vigorously, then stir the egg mixture back into the cream in the saucepan. Cook over medium-low heat for 5 to 7 minutes, until it is thick enough to coat the back of a spoon.
- ☐ Place the dark and milk chocolate in a mixing bowl with the butter, vanilla, and salt.
- ☐ Pour the hot cream mixture over the chocolate and stir until the chocolate and butter are melted.

- ☐ Spread the pudding in a shallow dish to cool and cover it with a piece of plastic wrap placed directly on the surface so a skin does not form.
- ☐ In a small mixing bowl or the bowl of an electric mixer, beat the cream cheese and 1/2 cup confectioners' sugar together until smooth.
- ☐ In the bowl of an electric mixer, or by hand, whip the cream to soft peaks, then add the remaining 2 tablespoons sugar and whip a few minutes more, until stiff peaks form.
- ☐ Spread the cream cheese over the cooled shortbread crust, top with the pudding, and then add the whipped cream. Refrigerate for at least 1 hour, or overnight.
- ☐ Garnish with additional chocolate shavings, if desired.
- ☐ Reprinted with permission from Real Cajun by Donald Link with Paula Disbrowe, © 2009 Clarkson PotterDONALD LINK is the chef-owner of Herbsaint and Cochon in New Orleans. He won the James Beard Best Chef South Region Award in 2007.PAULA DISBROWE is the author of Cowgirl Cuisine and co-author of Susan Spicer's Crescent City Cooking. She lives in Austin, Texas.

Nutrition Facts



Properties

Glycemic Index:49.62, Glycemic Load:20.94, Inflammation Score:-9, Nutrition Score:18.773912823719%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg

Nutrients (% of daily need)

Calories: 953.92kcal (47.7%), Fat: 78.41g (120.63%), Saturated Fat: 41.7g (260.65%), Carbohydrates: 53.89g (17.96%), Net Carbohydrates: 49.82g (18.12%), Sugar: 30.71g (34.13%), Cholesterol: 268.77mg (89.59%), Sodium: 289.46mg (12.59%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Caffeine: 17.21mg (5.74%), Protein: 13.34g (26.68%), Manganese: 1.15mg (57.69%), Vitamin A: 2384.47IU (47.69%), Selenium: 23µg (32.85%), Vitamin B2: 0.52mg (30.65%), Phosphorus: 284.82mg (28.48%), Copper: 0.56mg (28.12%), Iron: 3.91mg (21.7%), Vitamin B1: 0.31mg (20.88%), Magnesium: 79.41mg (19.85%), Calcium: 164.94mg (16.49%), Fiber: 4.07g (16.26%), Folate: 64.57µg (16.14%), Zinc: 2.21mg (14.75%), Vitamin E: 1.99mg (13.29%), Vitamin B5: 1.19mg (11.94%), Vitamin D: 1.76µg

(11.7%), Potassium: 404.16mg (11.55%), Vitamin B12: 0.52µg (8.68%), Vitamin B3: 1.73mg (8.67%), Vitamin B6: 0.15mg (7.47%), Vitamin K: 6.49µg (6.18%)