



Coffee creams with chocolate orange sauce

READY IN



45 min.

SERVINGS



6

CALORIES



753 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 300 g cream cheese
- ☐ 85 g caster sugar
- ☐ 5 tbsp strong coffee decoction cold (espresso is the right strength)
- ☐ 284 ml double cream
- ☐ 6 servings your choice of biscuits
- ☐ 175 g chocolate plain grated
- ☐ 50 g butter
- ☐ 5 tbsp milk
- ☐ 1 orange zest

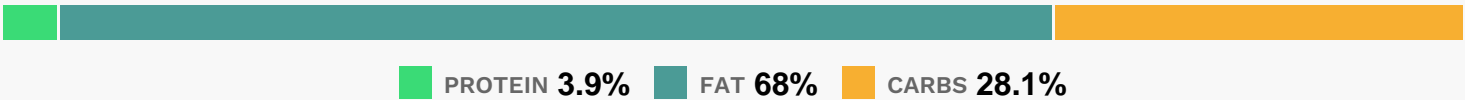
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Beat the cream cheese or mascarpone together in a large bowl with the sugar, then fold in the cold coffee. In a separate bowl, lightly whip the double cream to soft peak stage, then gently fold it in to the coffee mixture. Spoon into 6 glasses or onto plates, cover and keep in the fridge until ready to serve. You can do this up to 4 hours ahead.
- ☐ To make the sauce, put the grated chocolate, butter and milk into a heatproof bowl. Bring a pan of water to boiling point, turn off heat and stand the bowl over it to warm and melt the chocolate. Stir in orange zest. Cool in the fridge until needed.
- ☐ Pour sauce into a sauce boat.
- ☐ To finish, remove the cream from the fridge, then heat through the sauce.
- ☐ Serve with the chocolate sauce drizzled over and your choice of biscuits on the side.

Nutrition Facts



Properties

Glycemic Index:48.62, Glycemic Load:28.88, Inflammation Score:-8, Nutrition Score:10.065652173498%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 752.54kcal (37.63%), Fat: 58.91g (90.63%), Saturated Fat: 33.69g (210.58%), Carbohydrates: 54.79g (18.26%), Net Carbohydrates: 52.61g (19.13%), Sugar: 39.08g (43.42%), Cholesterol: 123.72mg (41.24%), Sodium: 332.14mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.18mg (8.06%), Protein: 7.59g (15.19%), Vitamin A: 1632.43IU (32.65%), Vitamin B2: 0.4mg (23.32%), Phosphorus: 157.89mg (15.79%), Manganese: 0.27mg (13.69%), Selenium: 8.71µg (12.44%), Vitamin E: 1.83mg (12.22%), Magnesium: 47.19mg (11.8%), Calcium: 111.55mg (11.15%), Copper: 0.21mg (10.5%), Iron: 1.77mg (9.82%), Vitamin B1: 0.14mg (9.15%), Fiber: 2.18g (8.72%), Folate: 31.06µg (7.76%), Vitamin K: 8.12µg (7.74%), Potassium: 251.77mg (7.19%), Zinc: 1.01mg (6.71%), Vitamin B3: 1.25mg

(6.24%), Vitamin B5: 0.61mg (6.09%), Vitamin D: 0.9µg (6%), Vitamin B12: 0.27µg (4.46%), Vitamin B6: 0.09mg (4.43%), Vitamin C: 3.01mg (3.64%)