



Decadent Duo for Decadent Duos: Chocolate Cups with Whipped Cream

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



607 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs
- ☐ 2 tablespoons frangelico dark
- ☐ 4 servings mint sprigs for garnish, optional
- ☐ 4 demitasse cups
- ☐ 1 pinch salt
- ☐ 1 cup semi-sweet chocolate chips
- ☐ 2 tablespoons sugar

- ☐ 1 cup whipping cream
- ☐ 0.7 cup milk whole

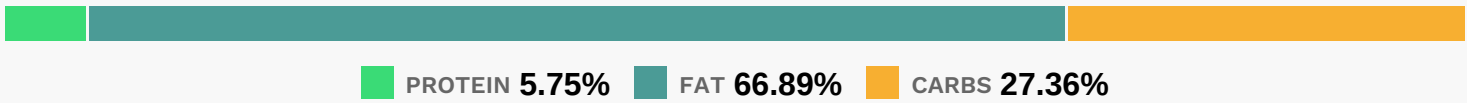
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat milk in a small pan over moderate heat until it comes to a boil.
- ☐ In blender or food processor combine egg, sugar, a pinch of salt, semisweet chips, and liqueur. Run processor or turn on blender to low setting.
- ☐ Pour in boiling milk in a slow stream. The hot milk will cook egg and melt chocolate. Process or blend 1 minute, until smooth.
- ☐ Spoon chocolate into 4 demitasse cups and chill. After dinner, beat cream until soft peaks form.
- ☐ Add a little sugar and beat to combine. Top the chocolate cups with a dollop of cream and garnish each cup with mint sprigs.
- ☐ Place cups on saucers and serve with demitasse spoons. If you use teacups, this recipe will yield 2 cups, rather than 4.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:4.91, Inflammation Score:-7, Nutrition Score:12.771304457084%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 607.09kcal (30.35%), Fat: 45.8g (70.46%), Saturated Fat: 26.25g (164.04%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 37.95g (13.8%), Sugar: 33.81g (37.56%), Cholesterol: 116.68mg (38.89%), Sodium: 122.26mg (5.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 38.81mg (12.94%), Protein: 8.86g (17.72%), Copper: 0.61mg (30.27%), Manganese: 0.6mg (29.85%), Magnesium: 98.71mg (24.68%), Phosphorus: 239.21mg (23.92%), Vitamin A: 1073.81IU (21.48%), Iron: 3.28mg (18.2%), Fiber: 4.19g (16.77%), Vitamin B2: 0.26mg (15.42%), Selenium: 9.88µg (14.12%), Calcium: 138.33mg (13.83%), Potassium: 444.89mg (12.71%), Zinc: 1.84mg (12.27%), Vitamin D: 1.62µg (10.8%), Vitamin B12: 0.54µg (8.93%), Vitamin B5: 0.71mg (7.12%), Vitamin E: 0.97mg (6.45%), Vitamin B3: 1.24mg (6.18%), Vitamin B1: 0.08mg (5.41%), Vitamin K: 5.55µg (5.28%), Vitamin B6: 0.1mg (4.87%), Folate: 17.19µg (4.3%)