

Double Chocolate Brownie Semifreddo

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



596 kcal

DESSERT

Ingredients

- 9 ounces chocolate dark melted
- 3 eggs
- 2 egg yolk
- 1 teaspoon vanilla extract
- 1 cup sugar
- 2 cups cup heavy whipping cream
- 12 ounces chocolate store-bought chopped

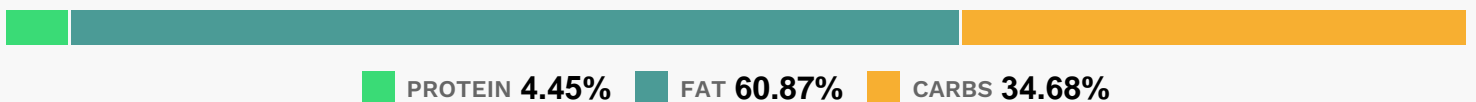
Equipment

- bowl
- sauce pan
- whisk
- loaf pan
- hand mixer
- spatula

Directions

- Place chocolate in a medium-sized heatproof bowl.
- Place over a saucepan of simmering water and using a spatula stir until the chocolate has melted. Set aside.
- Place the eggs, extra yolks, vanilla, and sugar in a large-sized, heatproof bowl.
- Place over a saucepan of simmering water and, using a hand-held electric mixer, beat for 6 to 8 minutes or until the egg mixture becomes thick and pale.
- Remove from heat and allow to cool slightly.
- In a medium-sized bowl, whisk the cream until stiff peaks form. Using a large spatula, gently fold through the egg mixture until well combined. Fold in the melted chocolate and brownies.
- Pour into 2 loaf pans and freeze for at least 6 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:13.57, Glycemic Load:23.97, Inflammation Score:-6, Nutrition Score:11.935652173913%

Taste

Sweetness: 100%, Saltiness: 17.29%, Sourness: 10.51%, Bitterness: 32.06%, Savoriness: 7.59%, Fattiness: 82.32%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 595.52kcal (29.78%), Fat: 41.97g (64.57%), Saturated Fat: 24.78g (154.9%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 49.15g (17.87%), Sugar: 45.1g (50.12%), Cholesterol: 142.54mg (47.51%), Sodium:

44.11mg (1.92%), Caffeine: 42.86mg (14.29%), Protein: 6.9g (13.8%), Manganese: 0.67mg (33.65%), Copper: 0.67mg (33.25%), Magnesium: 101.76mg (25.44%), Iron: 4.36mg (24.24%), Phosphorus: 196.4mg (19.64%), Fiber: 4.65g (18.61%), Vitamin A: 832.86IU (16.66%), Vitamin B2: 0.27mg (16.15%), Selenium: 10.3µg (14.72%), Zinc: 1.72mg (11.5%), Potassium: 349.44mg (9.98%), Vitamin D: 1.22µg (8.13%), Calcium: 70.49mg (7.05%), Vitamin E: 0.91mg (6.06%), Vitamin B5: 0.56mg (5.62%), Vitamin B12: 0.34µg (5.59%), Vitamin K: 5.59µg (5.33%), Vitamin B6: 0.08mg (3.81%), Folate: 14.38µg (3.6%), Vitamin B3: 0.54mg (2.7%), Vitamin B1: 0.04mg (2.44%)