



Espresso Pots de Crème

 Gluten Free

READY IN



19 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 4 large egg yolk
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0 coffee instant
- ☐ 0.3 cup sugar
- ☐ 8 servings whipped cream
- ☐ 0.8 cup milk whole

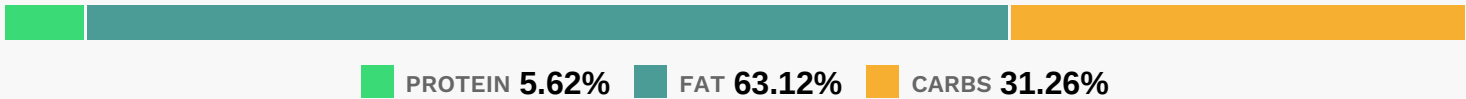
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Heat first 3 ingredients in a medium saucepan over medium-low heat until hot.
- ☐ Whisk egg yolks until smooth. Gradually whisk 1/2 cup hot milk mixture into egg yolks; gradually whisk egg mixture into hot milk mixture. Cook over medium heat, stirring constantly, 10 minutes or until slightly thickened. (Thermometer should register 160.)
- ☐ Add chocolate and coffee, stirring until smooth and well blended.
- ☐ Pour chocolate mixture into 8 espresso cups; refrigerate 2 hours or overnight.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:6.64, Inflammation Score:-4, Nutrition Score:7.6626086248004%

Nutrients (% of daily need)

Calories: 328.6kcal (16.43%), Fat: 23.26g (35.78%), Saturated Fat: 13.44g (84.03%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 23.65g (8.6%), Sugar: 21g (23.34%), Cholesterol: 126.02mg (42.01%), Sodium: 22.2mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 4.66g (9.32%), Manganese: 0.38mg (19.09%), Copper: 0.36mg (18.21%), Phosphorus: 148.24mg (14.82%), Magnesium: 55.29mg (13.82%), Selenium: 8.38µg (11.97%), Iron: 2.05mg (11.41%), Vitamin A: 542.9IU (10.86%), Fiber: 2.27g (9.07%), Vitamin B2: 0.14mg (8.1%), Calcium: 77.55mg (7.75%), Zinc: 1.12mg (7.45%), Vitamin D: 1.09µg (7.28%), Potassium: 234.5mg (6.7%), Vitamin B12: 0.39µg (6.56%), Vitamin B5: 0.5mg (5%), Vitamin E: 0.64mg (4.28%), Folate: 13.48µg (3.37%), Vitamin B6: 0.06mg (3.18%), Vitamin B1: 0.04mg (2.9%), Vitamin K: 3µg (2.85%), Vitamin B3: 0.28mg (1.41%)