



Ganache For Hot Chocolate and Mochas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



254 kcal

SIDE DISH

Ingredients



85 g chocolate dark coarsely chopped



0.3 cup water boiling (2 fl oz / 60 ml)

Equipment



bowl



roasting pan



microwave



measuring cup

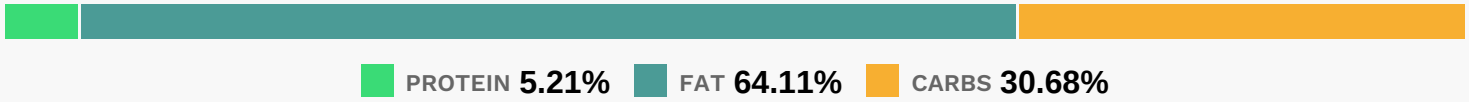


immersion blender

Directions

- ☐ Put the chocolate in a small bowl or 2-cup glass measuring cup.
- ☐ Pour the boiling water over the chocolate and stir until smooth and the chocolate is melted. If you have an immersion blender, use it to fully emulsify the mixture.
- ☐ The ganache can be stored in an airtight container in the refrigerator for up to 1 week. Reheat gently in a microwave before using.
- ☐ James Freeman is the founder and owner of Blue Bottle Coffee Company. After starting out in a tiny converted potting shed in Oakland a few years ago, Blue Bottle is now the country's leading artisan roaster, with six cafés in the San Francisco Bay Area, roasteries on both coasts, and a presence on the High Line and in Rockefeller Center and Chelsea in Manhattan. In addition to its cafés, Blue Bottle is served in fine restaurants nationwide, including Chez Panisse, Gramery Tavern, Coi, and others, and regularly garners national media attention. See www.bluebottlecoffee.com for more. Caitlin Freeman is the resident pastry chef for Blue Bottle Coffee Company and was a longtime owner of the San Francisco cake and sweets shop, Miette. James and Caitlin Freeman live in San Francisco, CA. A staff writer for the San Francisco Chronicle's food section for ten years, Tara Duggan earned a James Beard Award for best newspaper column and was nominated for an additional James Beard Award for feature writing. She lives with her family in San Francisco, and this is her third book.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:3.42, Inflammation Score:-4, Nutrition Score:8.8369565411754%

Nutrients (% of daily need)

Calories: 254.15kcal (12.71%), Fat: 18.12g (27.87%), Saturated Fat: 10.41g (65.05%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 14.88g (5.41%), Sugar: 10.2g (11.33%), Cholesterol: 1.27mg (0.43%), Sodium: 9.98mg (0.43%), Alcohol %: 0% (100%), Caffeine: 34mg (11.33%), Protein: 3.31g (6.62%), Manganese: 0.83mg (41.4%), Copper: 0.76mg (37.76%), Iron: 5.06mg (28.1%), Magnesium: 97.2mg (24.3%), Fiber: 4.63g (18.53%), Phosphorus: 130.9mg (13.09%), Zinc: 1.41mg (9.4%), Potassium: 303.88mg (8.68%), Selenium: 2.89µg (4.13%), Calcium: 31.91mg (3.19%), Vitamin K: 3.1µg (2.95%), Vitamin B3: 0.45mg (2.24%), Vitamin B12: 0.12µg (1.98%), Vitamin B2: 0.03mg (1.95%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.25mg (1.67%)