



Lemon and White Chocolate Pots de Creme

 Vegetarian  Gluten Free

READY IN



246 min.

SERVINGS



4

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 4 egg yolks
- ☐ 7 ounce bars chocolate into) 3/4 cup heavy cream white chopped
- ☐ 1.5 teaspoons lemon zest
- ☐ 0.5 cup raspberries fresh
- ☐ 1 pinch sea salt fine
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup milk whole

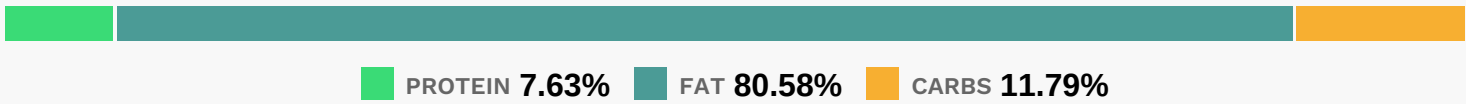
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Put an oven rack in the center of the oven. Preheat the oven to 300 degrees F.
- ☐ Put the white chocolate in a medium bowl. Set aside. In a small saucepan, over low heat, add the cream and milk and heat until hot but not boiling.
- ☐ Pour the cream mixture over the chocolate and stir until smooth. In another medium bowl, whisk the egg yolks, sugar, lemon zest, and salt together until smooth. Slowly whisk the cream mixture into the egg mixture until smooth. Ladle the custard into 4 (4-ounce) ramekins or custard cups. Arrange the ramekins in an 8 by 8-inch square baking dish.
- ☐ Pour enough hot water in the baking dish to come halfway up the sides of the ramekins.
- ☐ Bake for 30 minutes until the custard is almost set and still slightly soft in the center (custard will set as it cools).
- ☐ Let the ramekins cool for 30 minutes in the baking dish.
- ☐ Remove the ramekins from the water and refrigerate for 3 hours or up to 1 day.
- ☐ Garnish with fresh raspberries and serve.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:2.58, Inflammation Score:-5, Nutrition Score:6.8560869797416%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 255.49kcal (12.77%), Fat: 23.28g (35.81%), Saturated Fat: 13.42g (83.85%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 6.61g (2.4%), Sugar: 5.97g (6.63%), Cholesterol: 252.29mg (84.1%), Sodium: 37.74mg (1.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin A: 1018.88IU (20.38%), Selenium: 11.91µg (17.02%), Vitamin D: 1.93µg (12.89%), Vitamin B2: 0.22mg (12.72%), Phosphorus: 118.82mg (11.88%), Vitamin B12: 0.51µg (8.55%), Calcium: 79.51mg (7.95%), Folate: 31.51µg (7.88%), Vitamin B5: 0.77mg (7.73%), Vitamin E: 1.06mg (7.07%), Vitamin C: 5.2mg (6.3%), Manganese: 0.11mg (5.58%), Vitamin B6: 0.1mg (4.96%), Zinc: 0.66mg (4.41%), Fiber: 1.05g (4.22%), Vitamin B1: 0.06mg (3.69%), Iron: 0.65mg (3.62%), Potassium: 113.54mg (3.24%), Vitamin K: 2.93µg (2.79%), Magnesium: 9.62mg (2.4%), Copper: 0.03mg (1.69%)