



Mexican Chocolate Pots de Crème

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate finely chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons rum / brandy / coffee liqueur (such as Kahlúa)
- ☐ 6 large egg yolks
- ☐ 1 teaspoon espresso powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons caster sugar

☐ 1 cup milk whole

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ wire rack

☐ pot

☐ sieve

☐ ramekin

☐ baking pan

☐ kitchen towels

Directions

☐ Preheat oven to 30

☐ In a small saucepan over medium-low heat, bring cream, milk, espresso powder, and spices to a gentle simmer; cook 10 minutes. Increase heat to medium and bring mixture to a boil, then remove from heat and stir in coffee liqueur.

☐ Put chocolate in a heat-proof bowl and pour hot cream over it.

☐ Let stand 1 minute, then stir until smooth.

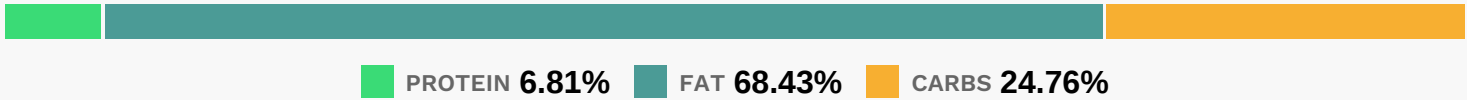
☐ In a separate bowl, whisk together egg yolks and sugar. Slowly drizzle yolk mixture into chocolate mixture, whisking constantly.

☐ Pour mixture through a fine-mesh sieve into a bowl and let cool at room temperature 15 minutes.

☐ Meanwhile, in a kettle or small pot, bring about 4 cups water to a simmer. Arrange a dish towel in the bottom of a 9- by 13-in. baking pan. Set ramekins on top of towel (this helps keep them in place), then fill each ramekin with custard.

- ☐
- Pour simmering water into pan so that it comes halfway up sides of ramekins. Set pan in oven and bake pots de crme until their edges are set but their centers are still wobbly, about 25 minutes; do not overbake.
- ☐
- Transfer ramekins to a cooling rack and let cool at room temperature for 30 minutes, then chill in refrigerator until fully set, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:3.53, Inflammation Score:-6, Nutrition Score:10.604782539865%

Nutrients (% of daily need)

Calories: 412.38kcal (20.62%), Fat: 31.03g (47.74%), Saturated Fat: 17.76g (110.99%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 22.79g (8.29%), Sugar: 19.96g (22.18%), Cholesterol: 235mg (78.33%), Sodium: 37.72mg (1.64%), Alcohol: 1.09g (100%), Alcohol %: 1.02% (100%), Caffeine: 29.61mg (9.87%), Protein: 6.95g (13.89%), Manganese: 0.45mg (22.5%), Phosphorus: 205.05mg (20.51%), Selenium: 13.93µg (19.9%), Vitamin A: 943.95IU (18.88%), Copper: 0.37mg (18.68%), Magnesium: 59.27mg (14.82%), Vitamin B2: 0.24mg (13.89%), Vitamin D: 2µg (13.33%), Iron: 2.34mg (12.99%), Calcium: 119.44mg (11.94%), Vitamin B12: 0.67µg (11.09%), Fiber: 2.47g (9.87%), Zinc: 1.41mg (9.42%), Vitamin B5: 0.85mg (8.48%), Potassium: 287.05mg (8.2%), Vitamin E: 1.02mg (6.82%), Folate: 26.51µg (6.63%), Vitamin B6: 0.11mg (5.52%), Vitamin B1: 0.07mg (4.67%), Vitamin K: 3.73µg (3.55%), Vitamin B3: 0.37mg (1.84%)