



Mexican Turtle Chocolate Mink



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



685 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1 large eggs separated
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 4 tablespoons pecans toasted chopped
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted for greasing ramekins cut into pieces, plus additional
- ☐ 5 tablespoons cajeta (Mexican caramel)

Equipment

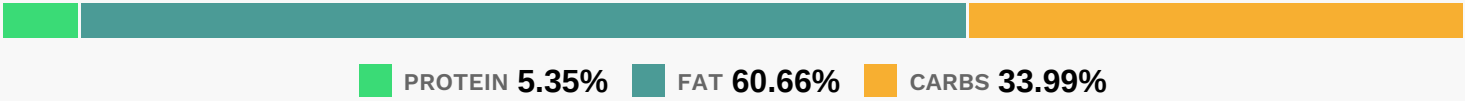
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter 2 oven-safe bowls or ramekins.
- ☐ Melt chocolate and butter in heavy saucepan over very low heat, stirring until smooth.
- ☐ Remove bowl from heat and cool, stirring occasionally, 5 minutes.
- ☐ Whisk in egg yolk, salt, and ground cinnamon until combined. Beat egg white in a bowl with an electric mixer at medium-high speed until it holds soft peaks. Gradually add sugar, beating, and continue to beat until white just holds stiff, glossy peaks.
- ☐ Whisk about one fourth of white into chocolate mixture to lighten, then fold remaining white gently but thoroughly.
- ☐ Divide batter between bowls or ramekins. Cover each bowl with small squares of foil and crimp foil tightly around rim.
- ☐ Place a baking dish in oven and pour hot water (easiest with a teakettle) into dish. Carefully place ramekins into baking dish. Make sure foil is above water.
- ☐ Bake until puddings are set, about 30 minutes. The desserts will be slightly gooey to the touch.
- ☐ Transfer bowls to a rack and cool puddings, uncovered, about 1 hour. Just before serving, unmold puddings into serving bowls or onto a plate. First, unmold desserts by taking a knife and running it along the edge of the ramekin. Second, place ramekins into a bowl with hot

water for about 15 seconds. Turn ramekin upside down and tap bottom. Top each pudding serving with 2 tablespoons of cajeta and 2 tablespoons of chopped pecans that have been toasted.

Nutrition Facts



Properties

Glycemic Index:75.05, Glycemic Load:22.78, Inflammation Score:-6, Nutrition Score:15.541304274746%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg

Nutrients (% of daily need)

Calories: 685.17kcal (34.26%), Fat: 47.44g (72.98%), Saturated Fat: 19.5g (121.85%), Carbohydrates: 59.8g (19.93%), Net Carbohydrates: 54.41g (19.79%), Sugar: 46.71g (51.9%), Cholesterol: 128.24mg (42.75%), Sodium: 151.31mg (6.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 9.41g (18.82%), Manganese: 1.5mg (74.86%), Copper: 0.8mg (39.92%), Magnesium: 108.68mg (27.17%), Phosphorus: 261.05mg (26.1%), Fiber: 5.39g (21.55%), Iron: 3.7mg (20.55%), Selenium: 12.85µg (18.36%), Zinc: 2.53mg (16.89%), Vitamin B2: 0.26mg (15.39%), Vitamin B1: 0.19mg (12.96%), Potassium: 440.74mg (12.59%), Calcium: 110.06mg (11.01%), Vitamin A: 533.22IU (10.66%), Vitamin B5: 0.93mg (9.28%), Vitamin E: 1.29mg (8.61%), Vitamin B12: 0.43µg (7.23%), Vitamin B6: 0.12mg (6.01%), Vitamin K: 5.52µg (5.26%), Vitamin D: 0.71µg (4.73%), Folate: 18.06µg (4.51%), Vitamin B3: 0.67mg (3.36%)