



## Mocha Charlottes

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

BEVERAGE

DRINK

### Ingredients

- 8 sticks garnish: cinnamon (3-inch)
- 2 large eggs
- 1 envelope gelatin powder unflavored
- 0.5 cup granulated sugar
- 1.5 teaspoons coffee granules instant
- 6 ounce ladyfingers split
- 1 cup milk
- 3 tablespoons powdered sugar
- 0.3 cup semisweet chocolate morsels

- 2 teaspoons vanilla extract
- 0.3 cup water cold
- 1.5 cups whipping cream divided

## Equipment

- bowl
- sauce pan
- whisk
- hand mixer

## Directions

- Sprinkle gelatin over 1/4 cup cold water; stir and let stand 1 minute. Set gelatin mixture aside.
- Beat granulated sugar and eggs at medium speed with an electric mixer 2 to 3 minutes or until thick and pale.
- Heat milk in a large saucepan over low heat. Gradually add about one-fourth of milk to egg mixture; add to remaining hot milk, stirring constantly. Cook over low heat, stirring constantly, 4 to 5 minutes or until mixture coats a spoon.
- Remove from heat; stir in gelatin mixture until gelatin dissolves.
- Whisk in chocolate morsels, coffee granules, and vanilla until coffee granules dissolve and chocolate melts.
- Pour mixture into a metal bowl; place bowl over ice, and let stand, stirring often, 6 to 8 minutes or until cold and slightly thickened.
- Beat 1 cup whipping cream at high speed with an electric mixer until soft peaks form, and gradually fold into coffee mixture.
- Line each of 8 teacups with 6 ladyfinger halves, placing rounded sides of ladyfingers against edge of each cup. Spoon custard evenly into cups; cover and chill 8 hours.
- Beat remaining 1/2 cup whipping cream and powdered sugar until soft peaks form. Top custards with whipped cream; garnish, if desired.
- Prep: 20 min., Stand: 9 min., Cook: 5 min., Chill: 8 hrs.

## Nutrition Facts



■ PROTEIN 7.66% ■ FAT 53.45% ■ CARBS 38.89%

## Properties

Glycemic Index:14.14, Glycemic Load:9.32, Inflammation Score:-5, Nutrition Score:9.1339131541874%

## Nutrients (% of daily need)

Calories: 383.85kcal (19.19%), Fat: 23.17g (35.64%), Saturated Fat: 13.63g (85.17%), Carbohydrates: 37.94g (12.65%), Net Carbohydrates: 35.27g (12.82%), Sugar: 21.18g (23.53%), Cholesterol: 148.03mg (49.34%), Sodium: 76.17mg (3.31%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Caffeine: 12.34mg (4.11%), Protein: 7.47g (14.94%), Manganese: 0.77mg (38.7%), Vitamin A: 905.19IU (18.1%), Vitamin B2: 0.29mg (16.78%), Phosphorus: 140.93mg (14.09%), Calcium: 124.91mg (12.49%), Fiber: 2.67g (10.68%), Iron: 1.82mg (10.09%), Selenium: 6.96µg (9.94%), Vitamin B12: 0.52µg (8.67%), Vitamin D: 1.3µg (8.66%), Copper: 0.16mg (8.1%), Vitamin B5: 0.69mg (6.93%), Magnesium: 27.13mg (6.78%), Vitamin B1: 0.09mg (6.33%), Folate: 24.5µg (6.13%), Zinc: 0.9mg (6.03%), Potassium: 195.6mg (5.59%), Vitamin E: 0.68mg (4.55%), Vitamin B6: 0.09mg (4.49%), Vitamin B3: 0.68mg (3.42%), Vitamin K: 3.19µg (3.04%)