



Pots de Creme

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



364 kcal

DESSERT

Ingredients

- 1 tablespoon confectioners' sugar
- 6 large egg yolks
- 5 tablespoons granulated sugar (add an extra tablespoon if using bitter chocolate)
- 1.5 cups heavy cream
- 0.3 teaspoon salt
- 9 ounces bittersweet chocolate chopped
- 1.5 cups milk whole

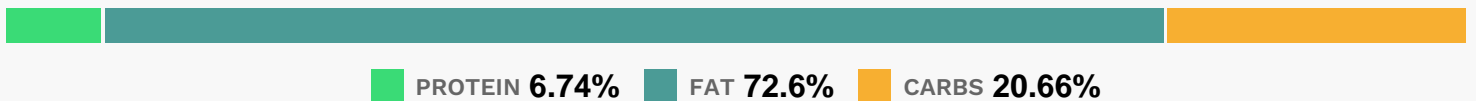
Equipment

- sauce pan
- whisk
- blender
- ramekin
- kitchen towels
- spatula

Directions

- Place the chocolate in a blender.
- Whisk the milk, 1 cup cream, egg yolks, granulated sugar and salt in a heavy-bottomed medium saucepan over medium heat. Cook, stirring constantly with a heatproof spatula, until the mixture is thick enough to coat the spatula and almost boiling, 5 to 6 minutes.
- Immediately pour the milk mixture over the chocolate in the blender. Cover and hold the lid with a thick kitchen towel; blend until combined and smooth, stopping to scrape down the sides of the blender as needed. Divide the chocolate mixture among ramekins or small cups and refrigerate until set, about 2 hours.
- Whip the remaining 1/2 cup cream and the confectioners' sugar with a mixer or in the blender until soft peaks form. Top the chilled pots de creme with whipped cream.
- Photograph by Gentl & Hyers

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:10.94521737617%

Flavonoids

Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg

Nutrients (% of daily need)

Calories: 364.07kcal (18.2%), Fat: 30.4g (46.78%), Saturated Fat: 17.88g (111.74%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 16.2g (5.89%), Sugar: 13.08g (14.53%), Cholesterol: 156.42mg (52.14%), Sodium: 90.92mg

(3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 27.86mg (9.29%), Protein: 6.35g (12.7%), Manganese: 0.65mg (32.69%), Copper: 0.57mg (28.48%), Phosphorus: 193.36mg (19.34%), Magnesium: 76.48mg (19.12%), Iron: 3.21mg (17.86%), Vitamin A: 743.92IU (14.88%), Selenium: 10.23µg (14.61%), Fiber: 3.27g (13.07%), Zinc: 1.86mg (12.39%), Vitamin B2: 0.19mg (11.27%), Calcium: 105.07mg (10.51%), Vitamin D: 1.52µg (10.16%), Potassium: 305.99mg (8.74%), Vitamin B12: 0.5µg (8.33%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.79mg (5.27%), Folate: 18.39µg (4.6%), Vitamin B1: 0.06mg (4.31%), Vitamin B6: 0.08mg (4.06%), Vitamin K: 3.88µg (3.69%), Vitamin B3: 0.38mg (1.89%)