



Pots de Creme a L'Orange



Vegetarian



Gluten Free

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READY IN

ready

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200 min.

SERVINGS

servings

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12

CALORIES

calories

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275 kcal

DESSERT

Ingredients



4 eggs at room temperature



1 cup heavy cream



2 teaspoons orange liqueur such as grand marnier



12 servings orange peel for garnish



1 pinch salt



12 ounces semi chocolate chips



8 ounces very strong coffee hot



2 tablespoons sugar

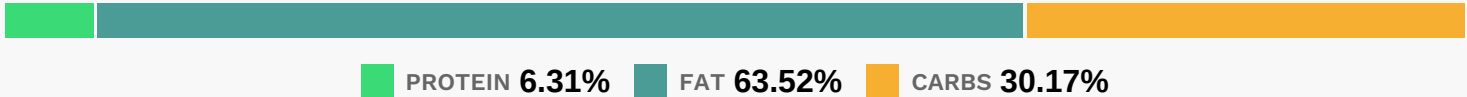
Equipment

- ☐ blender
- ☐ canning jar

Directions

- ☐ Place the chocolate chips in a blender. Crack in the eggs, and then add the orange liqueur and salt. Pulse until the chocolate chips are partially pulverized, 5 to 7 times.
- ☐ With the blender running, carefully pour in the coffee in a steady stream through the small opening in the lid. The coffee will melt the chocolate and turn it into a smooth mixture. Turn off the blender when the mixture is very smooth.
- ☐ Pour the mixture into small mason jars, pretty wine glasses or demitasse cups.
- ☐ Place the jars on a tray and refrigerate them until firm, at least 2 or 3 hours. Yum!
- ☐ Whip the cream with the sugar and generously plop it onto the top of each glass.
- ☐ Cut a strip of orange peel, cut into strips and decorate with the orange peel twists.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:8.1082608699799%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 274.65kcal (13.73%), Fat: 19.45g (29.93%), Saturated Fat: 11.27g (70.44%), Carbohydrates: 20.79g (6.93%),
Net Carbohydrates: 17.25g (6.27%), Sugar: 13.3g (14.78%), Cholesterol: 78.67mg (26.22%), Sodium: 33.07mg
(1.44%), Alcohol: 0.22g (100%), Alcohol %: 0.28% (100%), Caffeine: 32.16mg (10.72%), Protein: 4.35g (8.7%), Vitamin
C: 16.44mg (19.93%), Manganese: 0.38mg (19.23%), Copper: 0.38mg (18.92%), Fiber: 3.54g (14.16%), Magnesium:
56.28mg (14.07%), Iron: 2.17mg (12.04%), Phosphorus: 117.39mg (11.74%), Selenium: 7.61µg (10.88%), Vitamin A:

435.32IU (8.71%), Vitamin B2: 0.14mg (8.46%), Zinc: 1.02mg (6.82%), Potassium: 234.82mg (6.71%), Calcium: 58.61mg (5.86%), Vitamin B5: 0.47mg (4.67%), Vitamin D: 0.61µg (4.07%), Vitamin E: 0.54mg (3.57%), Vitamin B12: 0.21µg (3.55%), Vitamin B6: 0.06mg (3.14%), Folate: 11.66µg (2.92%), Vitamin K: 2.74µg (2.61%), Vitamin B1: 0.04mg (2.4%), Vitamin B3: 0.41mg (2.03%)