



Savory Coeur a la Creme

READY IN



740 min.

SERVINGS



10

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 servings round buttery crackers for serving
- ☐ 12 ounces cream cheese at room temperature
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 lemon zest
- ☐ 1 bottle chutney (recommended: Cross and Blackwell Major Grey's)

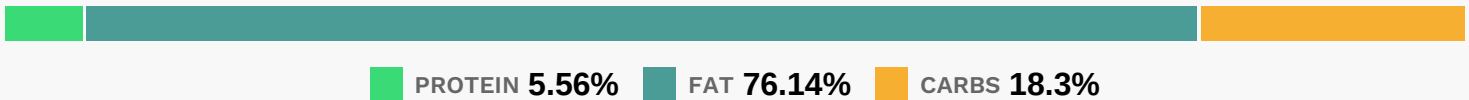
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula
- ☐ cheesecloth

Directions

- ☐ Place the cream cheese in the bowl of an electric mixer fitted with the whisk attachment and whip until it is firm like whipped cream. With the mixer on low speed, slowly add the cream, lemon zest, lemon juice, salt and pepper. Beat on high speed until the mixture is very thick.
- ☐ Line a 6-inch coeur a la creme mold or 6-inch sieve with a few layers of cheesecloth, allowing the excess to drape over the sides.
- ☐ Pour the cream mixture into the cheesecloth and smooth the top with a rubber spatula. Fold the excess cheesecloth over the top of the cream.
- ☐ Place the mold on a plate or suspend the sieve over a small bowl. Cover with plastic wrap, and refrigerate overnight.
- ☐ When ready to serve, unmold the creme upside down onto a plate and pour the chutney over the top, allowing it to drip down the sides.
- ☐ Serve chilled with crackers.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:4.8013043662776%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 279.66kcal (13.98%), Fat: 24.02g (36.96%), Saturated Fat: 13.22g (82.64%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 12.52g (4.55%), Sugar: 3.34g (3.71%), Cholesterol: 61.25mg (20.42%), Sodium: 488.52mg (21.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin A: 810.03IU (16.2%), Vitamin B2: 0.17mg (9.78%), Phosphorus: 94.23mg (9.42%), Vitamin K: 9.64µg (9.18%), Calcium: 74.83mg (7.48%), Vitamin E: 1.07mg (7.16%), Selenium: 4.39µg (6.27%), Vitamin B1: 0.08mg (5.61%), Manganese: 0.1mg (5.2%), Iron: 0.79mg (4.41%), Vitamin B3: 0.83mg (4.16%), Folate: 15.93µg (3.98%), Vitamin B5: 0.32mg (3.19%), Potassium: 90.44mg (2.58%), Vitamin D: 0.38µg (2.54%), Zinc: 0.33mg (2.19%), Magnesium: 8.12mg (2.03%), Vitamin B6: 0.04mg (1.95%), Vitamin B12: 0.11µg (1.88%), Fiber: 0.46g (1.85%), Vitamin C: 1.51mg (1.83%), Copper: 0.03mg (1.54%)