



Smoked-Tea-Infused Chocolate Pots de Crème

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 6.5 ounces bittersweet chocolate finely chopped
- ☐ 6 large egg yolk
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 2 teaspoons sugar
- ☐ 0.3 vanilla pod split
- ☐ 0.7 cup milk whole
- ☐ 1 teaspoon frangelico smoked
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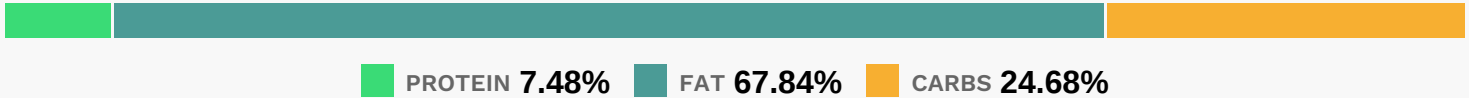
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan

Directions

- ☐ Place finely chopped bittersweetchocolate in large bowl. Bring heavywhipping cream, whole milk, and smokedtea to simmer in heavy medium saucepanover medium heat. Turn off heat; add 1/4cup sugar and stir to dissolve. Steep teauncovered 5 minutes.
- ☐ Whisk egg yolks and remaining 1/4 cupsugar in medium bowl to blend. Graduallywhisk hot cream mixture into yolk mixture,then strain over chocolate.
- ☐ Let stand 2minutes.
- ☐ Whisk until chocolate is meltedand custard is smooth. Cover and chillcustard overnight.
- ☐ Position rack in center of oven andpreheat to 300°F. Divide custard amongeight 3/4-cup ramekins or custard cups.Cover each ramekin with plastic wrapand arrange ramekins in large roastingpan. Carefully add enough warm waterto roasting pan to come halfway upsides of ramekins.
- ☐ Bake custards in water bath untiljust set in center, about 55 minutes.
- ☐ Remove ramekins from water. Uncoverand refrigerate until cold, at least 6 hours.DO AHEAD: Custards can be made 1 dayahead. Cover and keep refrigerated.
- ☐ Combine cream and sugar inmedium bowl. Scrape in seeds from vanillabean; whisk until peaks form.Dollop cream atop custards and serve.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:7.0460869119219%

Nutrients (% of daily need)

Calories: 241.41kcal (12.07%), Fat: 18.25g (28.08%), Saturated Fat: 10.09g (63.07%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 13.1g (4.76%), Sugar: 10.94g (12.15%), Cholesterol: 158.33mg (52.78%), Sodium: 20.18mg (0.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.81mg (6.6%), Protein: 4.53g (9.05%), Manganese: 0.31mg (15.66%), Copper: 0.3mg (14.96%), Selenium: 9.91µg (14.16%), Phosphorus: 138.78mg (13.88%), Magnesium: 44.66mg (11.16%), Iron: 1.82mg (10.11%), Vitamin A: 446.97IU (8.94%), Vitamin B2: 0.13mg (7.93%), Vitamin D: 1.15µg (7.67%), Fiber: 1.84g (7.37%), Vitamin B12: 0.42µg (7.06%), Zinc: 1.02mg (6.82%), Calcium: 65.57mg (6.56%), Vitamin B5: 0.56mg (5.64%), Potassium: 189.15mg (5.4%), Folate: 19.21µg (4.8%), Vitamin E: 0.61mg (4.08%), Vitamin B6: 0.07mg (3.5%), Vitamin B1: 0.04mg (2.94%), Vitamin K: 2.28µg (2.18%), Vitamin B3: 0.23mg (1.13%)