



Sweet Chocolate Log

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter melted
- 1 large egg yolk
- 2 tablespoons honey
- 1 tablespoon plum brandy
- 0.3 cup sugar
- 1 cup cocoa powder unsweetened
- 20 vanilla wafers crushed reduced-calorie
- 1 tablespoon water hot

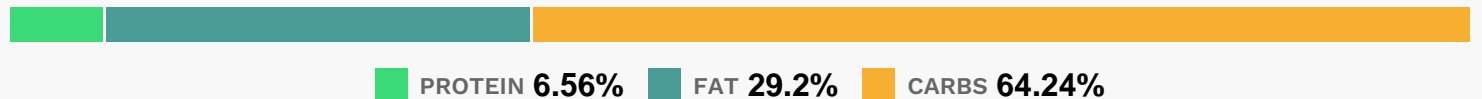
Equipment

- bowl
- blender
- plastic wrap
- wax paper
- spatula

Directions

- Place sugar and egg yolk in a medium bowl; beat with a mixer at high speed for 3 minutes or until thick and pale. Beat in honey and butter.
- Add cocoa, 1/2 cup at a time, beating well after each addition. Stir in wine, water, orange rind, if desired, and wafers.
- Spoon mixture onto a sheet of wax paper using a rubber spatula (mixture will be stiff). Using moist hands, shape mixture into a 6-inch log. Wrap log tightly with plastic wrap; chill at least 1 hour.
- Cut log into 1/2-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:41.56, Glycemic Load:21.81, Inflammation Score:-5, Nutrition Score:7.5591304033347%

Flavonoids

Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 2.37mg, Malvidin: 2.37mg, Malvidin: 2.37mg, Malvidin: 2.37mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 9.54mg, Catechin: 9.54mg, Catechin: 9.54mg, Catechin: 9.54mg Epicatechin: 28.34mg, Epicatechin: 28.34mg, Epicatechin: 28.34mg, Epicatechin: 28.34mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 218.99kcal (10.95%), Fat: 8.12g (12.5%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 34.6g (12.58%), Sugar: 23.62g (26.24%), Cholesterol: 35.82mg (11.94%), Sodium: 100.51mg (4.37%),

Alcohol: 0.38g (100%), Alcohol %: 0.77% (100%), Caffeine: 32.97mg (10.99%), Protein: 4.11g (8.21%), Manganese: 0.56mg (28.03%), Copper: 0.55mg (27.51%), Fiber: 5.6g (22.39%), Magnesium: 72.1mg (18.03%), Phosphorus: 125.72mg (12.57%), Iron: 2.11mg (11.73%), Zinc: 1.06mg (7.08%), Potassium: 244.48mg (6.99%), Vitamin B1: 0.1mg (6.72%), Folate: 26.53µg (6.63%), Vitamin B2: 0.1mg (5.97%), Selenium: 3.79µg (5.42%), Vitamin B3: 0.85mg (4.24%), Calcium: 23.37mg (2.34%), Vitamin A: 99.17IU (1.98%), Vitamin B6: 0.03mg (1.43%), Vitamin B5: 0.13mg (1.29%), Vitamin D: 0.15µg (1.02%)