



Tia Maria & chocolate creams

READY IN



22 min.

SERVINGS



2

CALORIES



578 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 50 g chocolate dark 70%
- ☐ 150 ml double cream
- ☐ 2 tbsp grand marnier (or use another liqueur such as Cointreau, Grand Marnier or Kahlua)
- ☐ 2 servings amaretti cookies

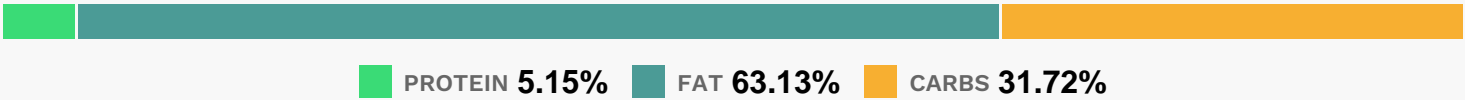
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Put the chocolate into a bowl.
- ☐ Mix the cream with the Tia Maria, reserve 2 tbsp, then tip the rest into a saucepan and bring just to the boil.
- ☐ Remove from the heat and tip straight over the chocolate, stirring until the chocolate melts. Divide between 2 small glasses and allow to cool slightly. Whip the remaining cream until slightly thickened, then spoon over the cooled chocolate mix. Chill for at least 1 hr to set. While youre waiting, cut a heart shape from a piece of thick card.
- ☐ When ready to serve, set the card over the glass and sift over a dusting of cocoa powder. Lift off carefully and do the same with the other glass.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:8.6152175120685%

Nutrients (% of daily need)

Calories: 578.22kcal (28.91%), Fat: 39.51g (60.79%), Saturated Fat: 23.69g (148.04%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 40.9g (14.87%), Sugar: 35.06g (38.96%), Cholesterol: 86.01mg (28.67%), Sodium: 110.57mg (4.81%), Alcohol: 3.9g (100%), Alcohol %: 3.4% (100%), Caffeine: 23.9mg (7.97%), Protein: 7.25g (14.5%), Manganese: 0.49mg (24.52%), Copper: 0.46mg (22.79%), Vitamin A: 1118.83IU (22.38%), Iron: 3.44mg (19.1%), Magnesium: 62.73mg (15.68%), Fiber: 3.78g (15.1%), Phosphorus: 121.66mg (12.17%), Vitamin B2: 0.16mg (9.6%), Vitamin D: 1.21µg (8.05%), Potassium: 254.93mg (7.28%), Calcium: 68.2mg (6.82%), Zinc: 1.01mg (6.75%), Selenium: 4.01µg (5.73%), Vitamin E: 0.84mg (5.61%), Vitamin K: 4.24µg (4.04%), Vitamin B12: 0.19µg (3.18%), Vitamin B5: 0.3mg (2.97%), Vitamin B6: 0.04mg (1.8%), Vitamin B3: 0.33mg (1.67%), Vitamin B1: 0.02mg (1.61%)