



## White Chocolate Cakelets with Blackberry Cabernet Gastrique

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



228 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup blackberries fresh frozen thawed
- 3 eggs
- 0.8 cup flour
- 1 pinch salt
- 0.5 cup sugar
- 0.5 cup butter unsalted

- 0.5 teaspoon vanilla
- 0.5 cup vinegar
- 2 tablespoons water
- 6 ounces chocolate white

## Equipment

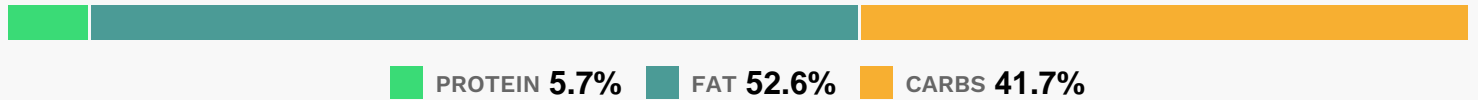
- bowl
- sauce pan
- oven
- whisk
- hand mixer
- stand mixer
- muffin liners
- muffin tray

## Directions

- Place rack in center of oven. Preheat oven to 350°F. Line a 12 cup muffin tray with paper liners, set aside.
- Place white chocolate in a bowl over barely simmering water and allow to melt completely.
- Remove from heat and add butter in small pieces, stirring to melt each addition before continuing. Set aside, but stir occasionally to prevent separation.
- Combine eggs, sugar, and vanilla in bowl of stand mixer or medium bowl and set over simmering water.
- Whisk occasionally and continue heating until hot to the touch.
- Remove from heat and whip on high speed in stand mixer or with handheld electric mixer until side of bowl is room temperature and eggs are very pale and thick. Fold in chocolate mixture, then dry. Divide evenly between paper-lined muffin cups and bake for 10 minutes, then turn and bake for another 3–5 minutes, until cakes are lightly browned and cake tester inserted comes out clean. Allow to cool, then refrigerate.
- Combine sugar, salt, and water in a medium saucepan.

- Place over medium-high heat and cook until lightly caramelized.
- Remove from heat and gently swirl until darkened to a honey color, then carefully pour in the vinegar.
- Place over low heat and allow to cook, stirring gently, until crystallized sugar melts and mixture thickens slightly.
- Add blackberries and continue cooking, mashing berries as you stir. Once sugar is completely melted, remove from heat and allow to cool.
- Add black pepper if desired.
- To serve, peel papers from cakes, place on plates and allow to come to room temperature. Reheat gastrique slightly and spoon over cakes.

## Nutrition Facts



## Properties

Glycemic Index:31.84, Glycemic Load:16.16, Inflammation Score:-3, Nutrition Score:4.1900000209394%

## Flavonoids

Cyanidin: 11.99mg, Cyanidin: 11.99mg, Cyanidin: 11.99mg, Cyanidin: 11.99mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 228.11kcal (11.41%), Fat: 13.43g (20.66%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 23.09g (8.4%), Sugar: 17.36g (19.29%), Cholesterol: 64.23mg (21.41%), Sodium: 51.03mg (2.22%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.27g (6.54%), Selenium: 6.91µg (9.87%), Vitamin B2: 0.14mg (8.05%), Manganese: 0.14mg (7.1%), Vitamin A: 325.7IU (6.51%), Phosphorus: 64.16mg (6.42%), Folate: 23.74µg (5.94%), Calcium: 51.9mg (5.19%), Vitamin B1: 0.08mg (5.17%), Vitamin K: 4.38µg (4.18%), Vitamin E: 0.62mg (4.11%), Iron: 0.69mg (3.84%), Fiber: 0.88g (3.5%), Vitamin B5: 0.33mg (3.33%), Vitamin B3: 0.66mg (3.29%), Vitamin B12: 0.19µg (3.22%), Vitamin C: 2.59mg (3.14%), Copper: 0.05mg (2.54%), Zinc: 0.38mg (2.51%), Potassium: 86.45mg (2.47%), Vitamin D: 0.36µg (2.41%), Magnesium: 7.53mg (1.88%), Vitamin B6: 0.03mg (1.7%)