



White Chocolate Pots du Creme

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



893 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon baking soda
- 0.3 pound butter room temperature
- 1 large eggs
- 6 egg yolks
- 1 cup heavy cream
- 1 cup pecans
- 4 pomegranates whole
- 1 cup cooking oats quick

- 1 pinch salt
- 0.5 cup sugar
- 1 cup sugar
- 1 teaspoon vanilla extract
- 0.3 cup water
- 12 ounces chocolate white finely chopped
- 0.8 cup milk whole

Equipment

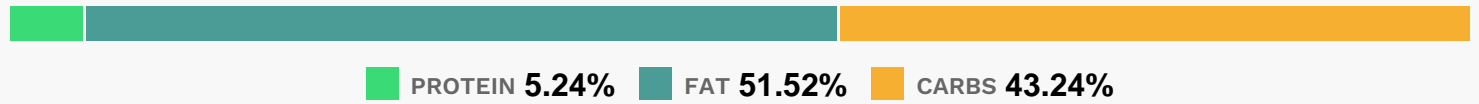
- bowl
- sauce pan
- whisk
- pot
- plastic wrap
- double boiler
- spatula

Directions

- Combine the cream and milk in a heavy bottom, 2 quart saucepan.
- Place over medium heat and bring to a boil. Bring the water in a double boiler to a simmer.
- Place the chocolate in the top half and stir with a rubber spatula until melted.
- Whisk the egg yolks into the melted chocolate. Slowly pour the boiling cream mixture into the chocolate, whisking constantly. Bring to a temperature of 160 degrees, about 3 1/2 to 4 minutes.
- Remove from the heat and transfer to a stainless steel bowl. Cool in an ice bath, stirring constantly with a wire whisk to a temperature of 90 degrees F., about 4 to 5 minutes. Evenly divide the mixture into 8 small pot de creme forms or glass custard cups. Cover each with plastic wrap and refrigerate for 2 to 3 hours to set before serving. Spoon the sauce over the top of each pot de creme and serve with the Florentines.
- Remove the seeds from 2 pomegranates and set aside.

- Remove the seeds from the other 2 pomegranates and place in a small saucepan with the sugar and water. Bring to a boil. Boil until all of the seeds burst and the mixture begins to thicken, about 10 to 15 minutes.
- Remove from the heat, strain and allow to cool. Stir in the whole pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:61.97, Inflammation Score:-7, Nutrition Score:20.225652114205%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg

Nutrients (% of daily need)

Calories: 892.72kcal (44.64%), Fat: 53.07g (81.64%), Saturated Fat: 25.41g (158.83%), Carbohydrates: 100.21g (33.4%), Net Carbohydrates: 92.22g (33.54%), Sugar: 84.66g (94.06%), Cholesterol: 244.82mg (81.61%), Sodium: 205.86mg (8.95%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 12.14g (24.28%), Manganese: 1.23mg (61.66%), Fiber: 7.99g (31.94%), Phosphorus: 318.58mg (31.86%), Vitamin K: 29.92µg (28.5%), Selenium: 17.76µg (25.36%), Vitamin B2: 0.42mg (24.96%), Copper: 0.47mg (23.59%), Folate: 87.06µg (21.77%), Vitamin A: 1077.42IU (21.55%), Vitamin B1: 0.31mg (20.78%), Calcium: 185.77mg (18.58%), Potassium: 637.33mg (18.21%), Magnesium: 72.54mg (18.14%), Vitamin C: 14.92mg (18.09%), Vitamin E: 2.54mg (16.96%), Vitamin B5: 1.66mg (16.56%), Zinc: 2.32mg (15.49%), Vitamin B6: 0.25mg (12.56%), Vitamin B12: 0.75µg (12.54%), Vitamin D: 1.58µg (10.54%), Iron: 1.87mg (10.39%), Vitamin B3: 1.03mg (5.16%)