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## Dark Chocolate Caramel Cream ♦♦

A rich and indulgent dessert made with dark chocolate and caramel. This creamy treat is perfect for chocolate lovers.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 60 mins

**Total Time:** 90 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

200 g	dark chocolate
200 g	caramel sauce
250 ml	Heavy Cream
100 g	Sugar
4 pieces	Eggs
2 tsp	vanilla extract

0.5 tsp Salt

## Directions

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### Step 1

#### Preheating

Preheat the oven to 325°F (163°C).

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Double boiler

Melt the dark chocolate in a heatproof bowl over simmering water.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

#### Mixing

In a separate bowl, whisk together the eggs, sugar, vanilla extract, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Slowly pour the melted chocolate into the egg mixture, whisking constantly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Stirring

Stir in the caramel sauce and heavy cream until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Preparation

Pour the mixture into individual ramekins or a baking dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Baking

Place the ramekins or baking dish in a larger baking pan and fill the pan with hot water halfway up the sides of the ramekins or dish.

**Prep Time:** 5 mins

**Cook Time:** 45 mins

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## Step 8

Baking

Bake for 45-50 minutes, or until the edges are set and the center is slightly jiggly.

**Prep Time:** 0 mins

**Cook Time:** 45 mins

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## Step 9

Cooling

Remove from the oven and let cool to room temperature.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 10

Refrigerating

Refrigerate for at least 4 hours, or overnight, before serving.

**Prep Time:** 0 mins

**Cook Time:** 127 mins

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## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 25 g

**Protein:** 5 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas Easter New Year Back to School Picnic

### Cuisines

Italian Chinese Mexican Mediterranean

### Course

Desserts Salads Sauces & Dressings

### Cultural

Easter

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

### Demographics

Kids Friendly

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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