

# Almond Crème Caramel



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

178 kcal

DESSERT

## Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 tablespoons almonds toasted chopped
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar

☐ 0.3 cup water

## Equipment

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ blender

☐ ramekin

☐ baking pan

☐ spatula

## Directions

☐ Preheat oven to 32

☐ Combine 1/2 cup sugar and 1/4 cup water in a small, heavy saucepan over medium heat; cook until sugar dissolves, stirring frequently. Continue cooking until golden (about 4 minutes). Immediately pour into 6 (6-ounce) ramekins or custard cups coated with cooking spray, tilting each cup quickly until caramelized sugar coats bottom of cup.

☐ Sprinkle almonds evenly over caramelized sugar; set aside.

☐ Combine 1/3 cup sugar and flour. Beat cream cheese at medium speed of a mixer until smooth.

☐ Add flour mixture, beating until well-blended.

☐ Add egg whites and egg; beat well. Gradually add milk and almond extract, beating well. Divide mixture evenly among prepared custard cups.

☐ Place cups in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.

☐ Bake at 325 for 50 minutes or until a knife inserted in center comes out clean.

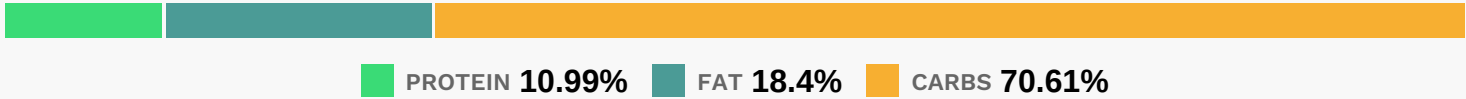
☐ Remove cups from pan. Cover and chill at least 4 hours.

☐ Loosen edges of custards with a knife or rubber spatula.

☐ Place a dessert plate, upside down, on top of each cup, and invert onto plates.

☐ Drizzle any of the remaining caramelized syrup over custards.

# Nutrition Facts



## Properties

Glycemic Index:37.53, Glycemic Load:20.11, Inflammation Score:-1, Nutrition Score:4.1104347718799%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 178.41kcal (8.92%), Fat: 3.74g (5.76%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 31.88g (11.59%), Sugar: 30.99g (34.43%), Cholesterol: 35.72mg (11.91%), Sodium: 58.67mg (2.55%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 5.03g (10.06%), Vitamin B2: 0.25mg (14.42%), Selenium: 6.96µg (9.94%), Phosphorus: 89.82mg (8.98%), Calcium: 85.98mg (8.6%), Vitamin B12: 0.4µg (6.61%), Vitamin E: 0.96mg (6.4%), Manganese: 0.1mg (4.9%), Magnesium: 18.09mg (4.52%), Potassium: 138.6mg (3.96%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.51mg (3.4%), Vitamin B1: 0.04mg (2.9%), Folate: 11.06µg (2.77%), Copper: 0.05mg (2.59%), Vitamin B6: 0.04mg (2.11%), Vitamin A: 105.21IU (2.1%), Iron: 0.36mg (2.01%), Fiber: 0.45g (1.8%), Vitamin B3: 0.27mg (1.34%), Vitamin D: 0.17µg (1.11%)