



Balsamic-Blackberry Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2.5 cups blackberries fresh
- ☐ 1.7 cups greek yogurt unflavored
- ☐ 0.3 cup orange-flower water
- ☐ 0.3 cup cream sour

Equipment

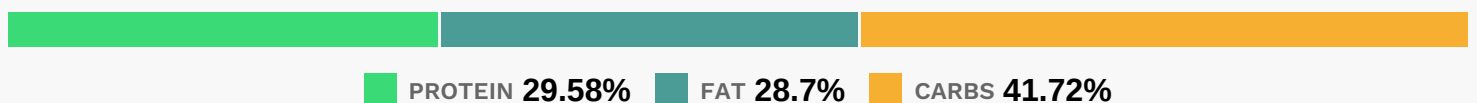
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ blow torch
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Put the blackberries and sprinkle with the vinegar.
- ☐ Let stand for 15 minutes. Reserve 1/2 cup of the berries for garnish. Divide the remaining berries among six standard-size flan dishes.
- ☐ In a medium bowl, stir together the yogurt and sour cream and divide the mixture among the dishes.
- ☐ Drizzle with the honey. Refrigerate for 1 hour.
- ☐ When ready to serve, place the dishes on a baking sheet and evenly sprinkle 1 tablespoon brown or turbinado sugar over each custard. Using a hand-held blowtorch, caramelize the sugar (see note below).
- ☐ Garnish the top of the caramelized sugar with the reserved blackberries.
- ☐ Due to the moisture content of brown sugar, it recommended to dry it before caramelizing.
- ☐ Spread light or dark brown sugar out on a baking sheet in a 1/8-inch layer and bake in a preheated 275°F oven for 8 to 10 minutes, or until browned a shade darker.
- ☐ Let cool, place in a small resealable plastic bag, and crush it thoroughly with a rolling pin or flat metal mallet to make fine crystals. Brown sugar treated in this manner has an excellent flavor when caramelized.
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Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:6.7534781953563%

Flavonoids

Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 22.24mg, Catechin: 22.24mg, Catechin: 22.24mg, Catechin: 22.24mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 92.03kcal (4.6%), Fat: 2.98g (4.58%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 6.56g (2.39%), Sugar: 6.38g (7.08%), Cholesterol: 10.32mg (3.44%), Sodium: 26.4mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.81%), Manganese: 0.4mg (20.22%), Vitamin C: 12.72mg (15.41%), Fiber: 3.18g (12.72%), Vitamin K: 12.07µg (11.5%), Vitamin B2: 0.19mg (11.36%), Phosphorus: 99.99mg (10%), Calcium: 94.13mg (9.41%), Selenium: 6.21µg (8.88%), Vitamin B12: 0.42µg (6.93%), Potassium: 200.47mg (5.73%), Copper: 0.11mg (5.64%), Magnesium: 20.35mg (5.09%), Vitamin E: 0.76mg (5.04%), Folate: 19.66µg (4.91%), Zinc: 0.66mg (4.41%), Vitamin A: 210.23IU (4.2%), Vitamin B5: 0.39mg (3.92%), Vitamin B6: 0.06mg (2.94%), Iron: 0.48mg (2.65%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.03mg (1.79%)