

Black-and-White Crème Brûlée

Gluten Free







SIDE DISH

Ingredients

6 egg yorks
6 tablespoons brown sugar light
5 ounce semisweet chocolate squares
0.5 cup sugar
1 teaspoon vanilla extract

2.5 cups whipping cream divided

Equipment

bowl

	frying pan		
	sauce pan		
	oven		
	whisk		
	wire rack		
Diı	Directions		
	Cook 1/2 cup whipping cream and chocolate in a heavy saucepan over low heat, stirring constantly, until chocolate melts and mixture is smooth.		
	Pour into a large bowl.		
	Whisk together remaining 2 cups whipping cream, yolks, sugar, and vanilla until sugar dissolves and mixture is smooth.		
	Whisk 1 cup egg mixture into chocolate mixture until smooth. Cover and chill remaining egg mixture.		
	Pour chocolate mixture evenly into 6 (8-ounce) custard cups; place cups in a 13- x 9-inch pan.		
	Add hot water to pan to a depth of 1/2 inch.		
	Bake at 325 for 30 minutes or until almost set. (Center will be soft.) Slowly pour remaining egg mixture evenly over custards, and bake 20 to 25 more minutes or until set. Cool custards in water in pan on a wire rack.		
	Remove from pan; cover and chill at least 8 hours.		
	Sprinkle each custard with 1 tablespoon brown sugar; place custards in a pan.		
	Broil 5 1/2 inches from heat (with electric oven door partially open) until sugar melts (about 2 minutes).		
	Let stand 5 minutes to allow sugar to harden.		
Nutrition Facts			
	PROTEIN 4.37% FAT 68.48% CARBS 27.15%		

Properties

Nutrients (% of daily need)

Calories: 643.6kcal (32.18%), Fat: 49.67g (76.42%), Saturated Fat: 29.73g (185.83%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 42.41g (15.42%), Sugar: 40.03g (44.47%), Cholesterol: 307.88mg (102.63%), Sodium: 41.36mg (1.8%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Caffeine: 20.32mg (6.77%), Protein: 7.14g (14.28%), Vitamin A: 1729.12IU (34.58%), Selenium: 15.28µg (21.83%), Phosphorus: 189.66mg (18.97%), Vitamin B2: 0.3mg (17.46%), Vitamin D: 2.56µg (17.06%), Manganese: 0.33mg (16.69%), Copper: 0.33mg (16.34%), Magnesium: 50.58mg (12.65%), Iron: 2.18mg (12.1%), Calcium: 113.52mg (11.35%), Vitamin E: 1.52mg (10.11%), Vitamin B12: 0.55µg (9.2%), Vitamin B5: 0.88mg (8.78%), Zinc: 1.28mg (8.56%), Folate: 30.37µg (7.59%), Potassium: 265.06mg (7.57%), Fiber: 1.89g (7.56%), Vitamin B6: 0.11mg (5.54%), Vitamin K: 5µg (4.76%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.28mg (1.41%)