



Brandy Crème Brûlée Bars

READY IN



155 min.

SERVINGS



36

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter softened
- ☐ 5 egg yolk
- ☐ 0.3 cup sugar
- ☐ 1.3 cups whipping cream (heavy)
- ☐ 1 tablespoon brandy
- ☐ 0.3 cup sugar

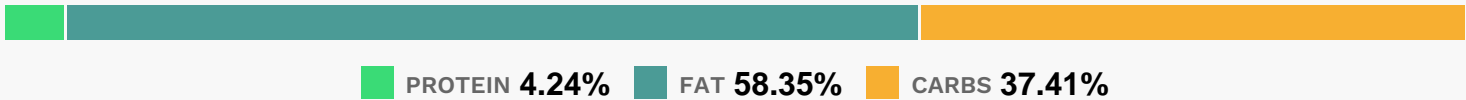
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix flour, 1/2 cup sugar and the butter with spoon. Press on bottom and 1/2 inch up sides of ungreased square pan, 9x9x2 inches.
- ☐ Bake 20 minutes.
- ☐ Reduce oven temperature to 300°F. In small bowl, beat egg yolks and 1/4 cup sugar with spoon until thick. Gradually stir in whipping cream and brandy.
- ☐ Pour over baked layer.
- ☐ Bake 40 to 50 minutes or until custard is set and knife inserted in center comes out clean. Cool completely, about 1 hour. For bars, cut into 6 rows by 6 rows.
- ☐ Place bars on cookie sheet lined with waxed paper.
- ☐ In heavy 1-quart saucepan, heat 1/3 cup sugar over medium heat until sugar begins to melt. Stir until sugar is completely dissolved and caramel colored. Cool slightly until caramel has thickened slightly.
- ☐ Drizzle hot caramel over bars. (If caramel begins to harden, return to medium heat and stir until thin enough to drizzle.) After caramel on bars has hardened, cover and refrigerate bars up to 48 hours.

Nutrition Facts



Properties

Glycemic Index:8.34, Glycemic Load:6.12, Inflammation Score:-2, Nutrition Score:1.4221739020684%

Nutrients (% of daily need)

Calories: 95.59kcal (4.78%), Fat: 6.24g (9.6%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 9g (3%), Net Carbohydrates: 8.9g (3.24%), Sugar: 6.27g (6.97%), Cholesterol: 36.34mg (12.11%), Sodium: 33.3mg (1.45%), Alcohol: 0.14g (100%), Alcohol %: 0.74% (100%), Protein: 1.02g (2.04%), Vitamin A: 270.3IU (5.41%), Selenium: 2.86µg (4.09%), Vitamin B2: 0.05mg (2.84%), Folate: 10.37µg (2.59%), Vitamin B1: 0.03mg (2.24%), Phosphorus: 19.03mg (1.9%), Vitamin D: 0.27µg (1.78%), Vitamin E: 0.24mg (1.6%), Iron: 0.24mg (1.34%), Manganese: 0.03mg (1.27%), Vitamin B5: 0.11mg (1.14%), Vitamin B12: 0.07µg (1.09%), Vitamin B3: 0.21mg (1.06%), Calcium: 10.21mg (1.02%)