



Butterscotch Pots de Crème

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

DESSERT

Ingredients

- 7 tablespoons brown sugar
- 1.5 teaspoons butter
- 1 tablespoon blackstrap molasses dark
- 2 large egg yolks
- 2 large eggs
- 0.3 cup heavy whipping cream
- 0.8 cup milk 2% reduced-fat
- 1 tablespoon powdered sugar

- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract
- 2 tablespoons water
- 0.8 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- blender
- baking pan

Directions

- Preheat oven to 32
- Heat milks over medium-high heat in a heavy saucepan to 180 (do not boil).
- Combine brown sugar and next 5 ingredients (through egg yolks) in a medium bowl; stir well with a whisk. Gradually pour 1/2 cup hot milk mixture into egg mixture, whisking constantly. Return egg mixture to pan, stirring constantly. Strain mixture through a fine sieve into a bowl. Stir in butter and vanilla. Cover and chill 1 hour.
- Divide mixture evenly among 6 (8-ounce) custard cups.
- Place cups in a 13 x 9-inch metal baking pan; add enough hot water to come halfway up sides of cups.
- Bake at 325 for 24 minutes or until center barely moves when cup is touched.
- Remove cups from pan; cool on a rack 20 minutes. Cover and chill at least 1 hour.
- Place cream and powdered sugar in a bowl; beat with a mixer at high speed until stiff peaks form. Top custards with cream.

Nutrition Facts

PROTEIN 11.21% FAT 44.13% CARBS 44.66%

Properties

Glycemic Index:22, Glycemic Load:1.64, Inflammation Score:-3, Nutrition Score:5.546956565717%

Nutrients (% of daily need)

Calories: 186.82kcal (9.34%), Fat: 9.24g (14.22%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 21.04g (7.65%), Sugar: 20.76g (23.07%), Cholesterol: 143.11mg (47.7%), Sodium: 261.81mg (11.38%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 5.28g (10.57%), Selenium: 10.69µg (15.27%), Vitamin B2: 0.22mg (13.09%), Phosphorus: 120.71mg (12.07%), Calcium: 115.18mg (11.52%), Vitamin B12: 0.6µg (9.96%), Vitamin A: 428.23IU (8.56%), Vitamin D: 1.13µg (7.56%), Vitamin B5: 0.72mg (7.16%), Potassium: 193.79mg (5.54%), Vitamin B6: 0.11mg (5.48%), Magnesium: 19.33mg (4.83%), Folate: 18.16µg (4.54%), Zinc: 0.65mg (4.35%), Iron: 0.72mg (4.01%), Manganese: 0.07mg (3.73%), Vitamin B1: 0.05mg (3.24%), Vitamin E: 0.47mg (3.1%), Copper: 0.04mg (2.18%)