



## Butterscotch Pots de Crème

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

DESSERT

### Ingredients

- 0.3 teaspoon salt
- 6 tablespoons t brown sugar dark
- 6 tablespoons water
- 1.5 cups cup heavy whipping cream
- 6 servings whipped cream fresh
- 0.5 teaspoon vanilla
- 4 large egg yolk
- 2 tablespoons little demerara sugar

24 ounce frangelico

## Equipment

bowl

sauce pan

oven

whisk

sieve

ramekin

roasting pan

tongs

## Directions

Put oven rack in middle position and preheat oven to 300°F.

Bring cream, muscovado sugar, and salt just to a simmer in a small heavy saucepan over moderate heat, stirring until sugar is dissolved.

Bring water and Demerara sugar to a boil in a 2-quart heavy saucepan over moderate heat, stirring until sugar is dissolved. Continue to cook, stirring occasionally, until browned and bubbly, about 5 minutes.

Remove from heat and carefully add cream mixture (mixture will bubble up and steam), whisking until combined.

Whisk together yolks and vanilla in a large bowl, then add hot cream mixture in a stream, whisking.

Pour custard through a fine-mesh sieve into a 1-quart glass measure. Skim off any foam with a spoon.

Divide custard among ramekins. Arrange ramekins in a small roasting pan and bake in a hot water bath

, uncovered, until custards are set around edges but still tremble slightly in centers, about 40 minutes.

Transfer ramekins to a rack with tongs and cool to warm or room temperature. Pots de crème will continue to set as they cool.

\*Available at specialty foods shops and Dean & DeLuca (800-999-0306).

Custard can be made, but not baked, 1 day ahead and chilled, covered, in glass measure.

## Nutrition Facts

**PROTEIN 4.6%** **FAT 72.21%** **CARBS 23.19%**

### Properties

Glycemic Index:9.17, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:4.8652174109998%

### Nutrients (% of daily need)

Calories: 316.73kcal (15.84%), Fat: 25.82g (39.72%), Saturated Fat: 15.6g (97.48%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 18.65g (6.78%), Sugar: 17.93g (19.92%), Cholesterol: 194.2mg (64.73%), Sodium: 123.14mg (5.35%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 3.7g (7.4%), Vitamin A: 1079.18IU (21.58%), Selenium: 8.36µg (11.94%), Vitamin D: 1.59µg (10.59%), Vitamin B2: 0.18mg (10.35%), Phosphorus: 84.59mg (8.46%), Calcium: 70.94mg (7.09%), Vitamin E: 0.88mg (5.85%), Vitamin B12: 0.33µg (5.56%), Vitamin B5: 0.52mg (5.25%), Folate: 19.23µg (4.81%), Vitamin B6: 0.07mg (3.4%), Zinc: 0.43mg (2.88%), Potassium: 95.33mg (2.72%), Iron: 0.47mg (2.63%), Vitamin B1: 0.03mg (2.27%), Vitamin K: 2.1µg (2%), Magnesium: 6.74mg (1.69%), Copper: 0.02mg (1.23%)