



Cappuccino Crème Brûlée



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



140 min.

SERVINGS



8

CALORIES



260 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups sugar
- ☐ 1 tablespoon espresso powder instant
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs whole
- ☐ 6 egg yolk
- ☐ 3 oz baker's chocolate
- ☐ 2 cups frangelico

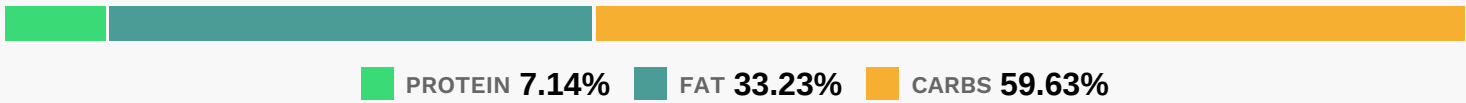
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ramekin
- ☐ roasting pan
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. In large bowl, beat all ingredients except chocolate with wire whisk until smooth.
- ☐ Pour mixture into 8 ungreased 6-ounce ramekins.
- ☐ Place ramekins in shallow roasting pan. Fill pan with hot water to halfway up sides of ramekins.
- ☐ Bake 30 to 35 minutes or just until set.
- ☐ Remove ramekins to cooling rack. Cool 30 minutes. Meanwhile, in small microwavable bowl, microwave chocolate uncovered on High 30 to 40 seconds, stirring every 15 seconds, until melted and smooth.
- ☐ Spoon about 2 teaspoons melted chocolate over top of each custard, spreading evenly to form a thin layer. Cover; refrigerate at least 1 hour or until well chilled.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:26.18, Inflammation Score:-3, Nutrition Score:7.3839131438214%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

Nutrients (% of daily need)

Calories: 260.48kcal (13.02%), Fat: 10.31g (15.86%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 39.86g (14.49%), Sugar: 37.7g (41.89%), Cholesterol: 186.72mg (62.24%), Sodium: 25.3mg

(1.1%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Caffeine: 28.13mg (9.38%), Protein: 4.98g (9.96%), Manganese: 0.47mg (23.34%), Copper: 0.37mg (18.29%), Selenium: 12.1µg (17.29%), Iron: 2.46mg (13.65%), Phosphorus: 118.88mg (11.89%), Zinc: 1.48mg (9.88%), Magnesium: 38.86mg (9.72%), Vitamin B2: 0.14mg (8.25%), Fiber: 1.76g (7.06%), Folate: 27.86µg (6.96%), Vitamin D: 0.95µg (6.33%), Vitamin B12: 0.36µg (6.02%), Vitamin B5: 0.59mg (5.91%), Vitamin A: 254.07IU (5.08%), Potassium: 141.75mg (4.05%), Calcium: 35.62mg (3.56%), Vitamin B6: 0.07mg (3.46%), Vitamin E: 0.51mg (3.38%), Vitamin B1: 0.04mg (2.93%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.17µg (1.11%)