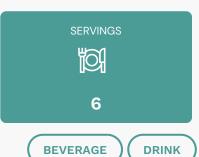


Cappuccino Crème Brûlée







Ingredients

5 large egg yolks
3 tablespoons brown sugar packed ()
1 teaspoon ground cinnamon
O.1 teaspoon ground nutmeg
2 teaspoons espresso powder instant
0.5 cup sugar
1 teaspoon vanilla extract

2 cups whipping cream

Combine cream, sugar, and espresso powder in heavy saucepan. Bring to simmer o medium heat, stirring until sugar dissolves. Remove from heat. Whisk yolks, cinnamon, and nutmeg in medium bowl. Gradually whisk in cream mixture vanilla. Divide custard among ramekins. Pour enough hot water into pan to come halfway up sides of ramekins. Bake until custards are softly set, about 30 minutes. Remove custards from water. Chill until cold, at least 3 hours. (Can be made 1 day a Cover and keep refrigerated.) Preheat broiler. Arrange custards on baking sheet. Press 1/2 tablespoon brown sugar	Equipment		
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Serve cold.		Preheat broiler. Arrange custards on baking sheet. Press 1/2 tablespoon brown sugar through strainer onto each custard. Broil custards until sugar bubbles and caramelizes, about 2 minutes. Chill custards until topping hardens, at least 1 hour and up to 4 hours.	
		Serve cold.	

Nutrition Facts

Properties

Glycemic Index:24.18, Glycemic Load:11.65, Inflammation Score:-6, Nutrition Score:6.2134782697843%

Nutrients (% of daily need)

Calories: 406.46kcal (20.32%), Fat: 32.47g (49.95%), Saturated Fat: 19.61g (122.58%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 25.69g (9.34%), Sugar: 24.95g (27.73%), Cholesterol: 242.65mg (80.88%), Sodium: 30.29mg (1.32%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Caffeine: 10.47mg (3.49%), Protein: 4.57g (9.14%), Vitamin A: 1371.51IU (27.43%), Selenium: 10.54µg (15.05%), Vitamin D: 2.03µg (13.56%), Vitamin B2: 0.23mg (13.42%), Phosphorus: 102.86mg (10.29%), Calcium: 79.74mg (7.97%), Vitamin E: 1.1mg (7.35%), Vitamin B12: 0.4µg (6.72%), Vitamin B5: 0.64mg (6.36%), Folate: 23.97µg (5.99%), Vitamin B6: 0.08mg (4.03%), Manganese: 0.08mg (3.99%), Zinc: 0.53mg (3.52%), Potassium: 113.49mg (3.24%), Iron: 0.56mg (3.12%), Vitamin B1: 0.04mg (2.74%), Vitamin K: 2.75µg (2.62%), Magnesium: 8.25mg (2.06%), Copper: 0.03mg (1.31%)