



Cappuccino Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 large egg yolks
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons espresso powder instant
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 325°F. Arrange six 3/4-cup ramekins in 13x9x2-inch metal baking pan.
- ☐ Combine cream, sugar, and espresso powder in heavy saucepan. Bring to simmer over medium heat, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Whisk yolks, cinnamon, and nutmeg in medium bowl. Gradually whisk in cream mixture, then 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 ahead. Cover and keep refrigerated.)
- ☐ 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



 PROTEIN **4.42%**  FAT **70.59%**  CARBS **24.99%**

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%)