



Cardamom-Coconut Crème Caramel

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

DESSERT

Ingredients

- 4 large eggs lightly beaten
- 3 cardamom pods green
- 1 cup half and half
- 0.3 teaspoon salt
- 1 cup sugar divided
- 2 cups coconut sweetened flaked
- 3 tablespoons water
- 2 cups milk whole

Equipment

- bowl
- sauce pan
- oven
- whisk
- sieve
- plastic wrap
- ramekin
- roasting pan
- cheesecloth

Directions

- Lightly coat 8 (6-ounce) custard cups or ramekins with cooking spray.
- Combine 1/2 cup sugar and 3 tablespoons water in a small saucepan over medium-high heat; cook 2 minutes or until sugar dissolves, stirring gently as needed to dissolve sugar evenly. Cook an additional 4 minutes or until golden (do not stir). Immediately pour into prepared ramekins, tipping quickly to coat bottoms of cups.
- Preheat oven to 30
- Heat milk, coconut, and cardamom over medium-high heat in a medium, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil).
- Remove from heat; cover and let stand 15 minutes. Strain the milk mixture through a cheesecloth-lined sieve into a medium bowl. Gather edges of cheesecloth together; squeeze over bowl to release moisture. Discard solids.
- Combine remaining 1/2 cup sugar, half-and-half, salt, and eggs in a large bowl; gradually add milk mixture, stirring constantly with a whisk. Divide mixture evenly among prepared custard cups.
- Place in a roasting pan; add hot water to pan to a depth of 1 inch.
- Bake at 300 for 25 minutes or until center barely moves when ramekin is touched. Cool completely in water.

Place plastic wrap on the surface of the custards; chill at least 6 hours. Loosen edges of custards. Invert the custard cups onto plates.

Drizzle any remaining caramelized syrup over custards.

Nutrition Facts

PROTEIN 8.68% **FAT 39.63%** **CARBS 51.69%**

Properties

Glycemic Index:14.14, Glycemic Load:18.55, Inflammation Score:-2, Nutrition Score:7.5082608720531%

Nutrients (% of daily need)

Calories: 307.46kcal (15.37%), Fat: 13.89g (21.37%), Saturated Fat: 9.66g (60.37%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 38.44g (13.98%), Sugar: 37.05g (41.16%), Cholesterol: 110.91mg (36.97%), Sodium: 211.03mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.69%), Manganese: 0.42mg (21.24%), Selenium: 13.37µg (19.1%), Phosphorus: 162.43mg (16.24%), Vitamin B2: 0.27mg (15.67%), Calcium: 127.07mg (12.71%), Vitamin B12: 0.61µg (10.16%), Fiber: 2.31g (9.26%), Vitamin D: 1.17µg (7.81%), Vitamin B5: 0.73mg (7.28%), Potassium: 251.55mg (7.19%), Vitamin A: 340.9IU (6.82%), Magnesium: 25.96mg (6.49%), Zinc: 0.9mg (6%), Vitamin B6: 0.1mg (5.15%), Iron: 0.89mg (4.95%), Copper: 0.09mg (4.48%), Vitamin B1: 0.06mg (3.86%), Folate: 13.3µg (3.32%), Vitamin E: 0.37mg (2.46%), Vitamin B3: 0.27mg (1.36%)