



Chai-Spiced Crème Caramels with Raspberries and Pistachio Phyllo Crisps

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



762 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 3 sticks cinnamon (3-inch)
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 0.5 teaspoon fennel seeds
- ☐ 0.3 cup granulated sugar
- ☐ 6 cardamom pods white green

- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 servings pistachio phyllo crisps
- ☐ 1 cup raspberries fresh
- ☐ 0.5 cup milk whole

Equipment

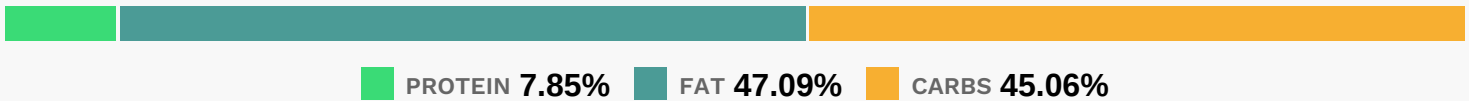
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ Preheat oven to 350°F.
- ☐ Bring milk, cream, cardamom, peppercorns, fennel seeds, cinnamon sticks, and cloves to a boil in a heavy saucepan over moderate heat.
- ☐ Remove from heat and let stand, covered, 15 minutes.
- ☐ Meanwhile, cook granulated sugar in a dry small heavy saucepan over moderate heat, swirling pan (to help sugar melt evenly), until sugar is melted into a deep golden caramel. Immediately pour caramel into ramekins, tilting to cover bottoms evenly.
- ☐ Whisk together whole egg and yolk in a large bowl. Bring spiced milk to a boil again, then add to eggs in a slow stream, whisking.
- ☐ Pour custard base through a fine sieve into a 2-cup measure.
- ☐ Add brown sugar and a pinch of salt, then stir until sugar is dissolved. Divide custard between ramekins.

- ☐ Bake custards in a water bath in middle of oven until set but still trembling slightly, about 30 minutes. (Custards will continue to set as they cool.)
- ☐ Remove ramekins from water and cool crème caramels on a rack. Chill, loosely covered with plastic wrap, until cold, at least 3 hours.
- ☐ Just before serving, run a knife around inside edges of ramekins. Arrange raspberries, open ends up, over entire surface of custards, pressing gently to adhere.
- ☐ Place a pistachio phyllo crisp over each ramekin and invert onto a plate, then carefully remove ramekins.
- ☐ Crème caramels may be chilled (in ramekins) up to 2 days. This recipe can be doubled.

Nutrition Facts



Properties

Glycemic Index:97.05, Glycemic Load:20.57, Inflammation Score:-8, Nutrition Score:24.760869337165%

Flavonoids

Cyanidin: 29.51mg, Cyanidin: 29.51mg, Cyanidin: 29.51mg, Cyanidin: 29.51mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 762.28kcal (38.11%), Fat: 41.82g (64.34%), Saturated Fat: 18.06g (112.86%), Carbohydrates: 90.04g (30.01%), Net Carbohydrates: 78.31g (28.48%), Sugar: 70.25g (78.05%), Cholesterol: 259.36mg (86.45%), Sodium: 92.49mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.36%), Manganese: 3.55mg (177.35%), Fiber: 11.73g (46.92%), Phosphorus: 353.05mg (35.3%), Vitamin B6: 0.68mg (34.1%), Calcium: 300.79mg (30.08%), Vitamin A: 1389.22IU (27.78%), Copper: 0.53mg (26.47%), Vitamin B2: 0.44mg (26.14%), Selenium: 18.27µg (26.09%), Vitamin B1: 0.35mg (23.34%), Vitamin C: 19.21mg (23.28%), Iron: 3.99mg (22.16%), Magnesium: 85.99mg (21.5%), Potassium: 731.51mg (20.9%), Vitamin D: 2.58µg (17.21%), Zinc: 2.37mg (15.79%), Vitamin E: 2.36mg (15.73%), Vitamin B5: 1.44mg (14.42%), Folate: 54.29µg (13.57%), Vitamin B12: 0.81µg (13.55%), Vitamin K:

10.34µg (9.85%), Vitamin B3: 1.06mg (5.32%)