



Chestnut Crème Brûlée for the Holiday

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



595 kcal

SIDE DISH

Ingredients

- 2 cinnamon sticks
- 0.7 cup creme de marrons
- 12 large egg yolks
- 0.5 cup granulated sugar
- 4 cup heavy whipping cream
- 1 pinch kosher salt
- 8 tablespoon sugar divided ()

Equipment

- sauce pan
- oven
- blender
- ramekin
- baking pan
- blow torch
- broiler

Directions

- Preheat oven to 300 degrees F. In a small saucepan set over medium heat, combine cream, vanilla bean, cinnamon sticks, and sugar. Bring to a simmer, remove from heat, and cover.
- Let stand 15 minutes, then remove vanilla bean and cinnamon sticks. In the container of a blender, add egg yolks. Turn to low speed, and slowly pour in cream mixture.
- Add the creme de marrons and salt; blend until combined. Divide chestnut mixture evenly between 8 (6-ounce) ramekins.
- Place ramekins in a baking dish, and fill dish with water until about halfway up the ramekins.
- Bake until custard is set, about 45 minutes. Carefully remove from oven, let cool to room temperature in water; remove from water and refrigerate at least 1 hour. Position oven rack 6 inches from broiler. Preheat oven to broil. Top each custard evenly with 1 tablespoon sugar. Broil in groups of 4 until sugar is melted and lightly browned, about 5 minutes. You may alternatively use a small blowtorch to individually brown each of them. Like this: Like Loading...

Nutrition Facts

PROTEIN 4.93% **FAT 73.91%** **CARBS 21.16%**

Properties

Glycemic Index: 9.39, Glycemic Load: 8.74, Inflammation Score: -7, Nutrition Score: 10.100869532513%

Nutrients (% of daily need)

Calories: 594.93kcal (29.75%), Fat: 49.77g (76.57%), Saturated Fat: 29.81g (186.3%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 31.58g (11.49%), Sugar: 30.64g (34.04%), Cholesterol: 409.87mg (136.62%), Sodium: 52.15mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Vitamin A: 2119.59IU (42.39%),

Selenium: 17.95µg (25.65%), Vitamin D: 3.28µg (21.87%), Vitamin B2: 0.36mg (21.24%), Phosphorus: 169.15mg (16.92%), Calcium: 122.76mg (12.28%), Vitamin E: 1.77mg (11.82%), Vitamin B12: 0.69µg (11.46%), Vitamin B5: 1.07mg (10.69%), Folate: 42.04µg (10.51%), Manganese: 0.18mg (8.83%), Vitamin B6: 0.13mg (6.61%), Zinc: 0.91mg (6.05%), Iron: 0.95mg (5.27%), Vitamin B1: 0.07mg (4.59%), Potassium: 148.54mg (4.24%), Vitamin K: 4.26µg (4.06%), Magnesium: 10.57mg (2.64%), Copper: 0.04mg (1.96%), Fiber: 0.46g (1.86%)