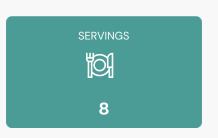


# **Chocolate-Ancho Crème Brûlée**

**Gluten Free** 







SIDE DISH

## Ingredients

1 ancho chili pepper dried with seeds, stemmed, chopped
1 cinnamon sticks
6 large egg yolk
0.5 teaspoon ground cinnamon
1 pinch ground cumin
6 ounces bittersweet chocolate unsweetened chopped (not
O.3 cup sugar
3 cups whipping cream

Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	whisk	
	baking pan	
	broiler	
Di	rections	
	Preheat oven to 350°F.	
	Combine first 4 ingredients and 1/3 cup sugar in heavy large saucepan and bring to boil, stirring occasionally.	
	Remove from heat.	
	Add chocolate; whisk until melted and smooth.	
	Whisk egg yolks in large bowl to blend. Gradually whisk in hot chocolate mixture. Divide custard among eight 3/4-cup custard cups or soufflé dishes.	
	Place cups in heavy large baking pan.	
	Add enough hot water to pan to come halfway up sides of cups.	
	Bake custards until almost set in center, about 35 minutes.	
	Remove cups from water and cool completely. Cover and refrigerate overnight.	
	Preheat broiler.	
	Mix remaining 6 teaspoons sugar and ground cinnamon in small bowl.	
	Sprinkle sugar mixture over custards. Broil until sugar melts and caramelizes, watching carefully and turning often, about 2 minutes. (Can be made 2 hours ahead. Refrigerate.)	
	Transfer to plates and serve.	
	* This deep-reddish-brown chili is available at Latin American markets, specialty foods stores, and some supermarkets.	

### **Nutrition Facts**

PROTEIN 4.83% FAT 75.41% CARBS 19.76%

### **Properties**

Glycemic Index:10.64, Glycemic Load:5.83, Inflammation Score:-9, Nutrition Score:11.778260790783%

#### Nutrients (% of daily need)

Calories: 515.31kcal (25.77%), Fat: 44.03g (67.74%), Saturated Fat: 26.47g (165.42%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 22.7g (8.25%), Sugar: 20.61g (22.9%), Cholesterol: 239.83mg (79.94%), Sodium: 36.49mg (1.59%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 18.29mg (6.1%), Protein: 6.35g (12.7%), Vitamin A: 2667.13IU (53.34%), Manganese: 0.42mg (21.23%), Vitamin B2: 0.3mg (17.65%), Selenium: 11.82µg (16.89%), Phosphorus: 164.15mg (16.42%), Copper: 0.3mg (14.88%), Vitamin D: 2.12µg (14.11%), Fiber: 3.26g (13.03%), Magnesium: 48.54mg (12.13%), Iron: 2.1mg (11.69%), Calcium: 96.34mg (9.63%), Vitamin E: 1.43mg (9.51%), Vitamin K: 9.39µg (8.94%), Potassium: 303.87mg (8.68%), Zinc: 1.13mg (7.51%), Vitamin B1: 0.05mg (3.39%), Vitamin B3: 0.63mg (3.13%), Vitamin C: 1.93mg (2.34%)