



Chocolate-Ancho Crème Brûlée

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



515 kcal

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)
- 0.3 cup sugar
- 3 cups whipping cream

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- broiler

Directions

- 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: 0g (100%), Alcohol %: 0% (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 B12: 0.43µg (7.16%), Vitamin B5: 0.72mg (7.16%), Folate: 24.45µg (6.11%), Vitamin B6: 0.12mg (5.97%), Vitamin B1: 0.05mg (3.39%), Vitamin B3: 0.63mg (3.13%), Vitamin C: 1.93mg (2.34%)