



Chocolate brownie & boozy cherry brûlées

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 375 ml double cream
- ☐ 1 vanilla pod split
- ☐ 85 g chocolate plain 70%
- ☐ 3 large egg yolk
- ☐ 50 g sugar
- ☐ 3 chocolate cut into chunks (up to 200g)
- ☐ 50 g cherries plus more to serve if you like drained per brûlée), ,

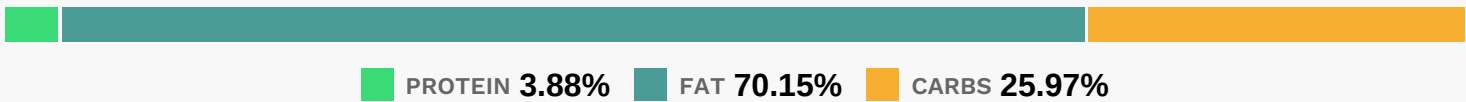
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Put the cream into a saucepan with the vanilla seeds, then bring just to the boil. Take off the heat and stir in the chocolate until it has completely melted.
- ☐ Boil the kettle. Meanwhile, whisk together egg yolks and 50g sugar for 20–30 seconds until thick and pale, then stir in the creamy chocolate. Divide the brownie pieces and cherries between six 200ml ramekins or dishes, drizzle with a little of the kirsch from the jar, then pour over the chocolate mix.
- ☐ Line a roasting tin with a clean tea towel and stand the ramekins in the tin.
- ☐ Pour hot water halfway up the sides of the ramekins, cover the whole thing with foil, then cook for 40 mins until just set. Chill for at least 3 hrs. These can be baked and chilled up to 2 days in advance.
- ☐ One hour before serving, make the sugary crust.
- ☐ Put the 6 tbsp sugar into a non-stick pan and melt evenly over a gentle heat. Once the sugar has turned a rich caramel colour, spoon it over the puddings and leave to set hard.

Nutrition Facts



Properties

Glycemic Index:29.55, Glycemic Load:12.66, Inflammation Score:-6, Nutrition Score:6.6286957212116%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 423.23kcal (21.16%), Fat: 34.75g (53.46%), Saturated Fat: 20.93g (130.82%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 27.22g (9.9%), Sugar: 25.77g (28.63%), Cholesterol: 162.85mg (54.28%), Sodium: 25.65mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.59mg (6.2%), Protein: 4.32g (8.65%), Vitamin A: 1052.14IU (21.04%), Vitamin B2: 0.23mg (13.82%), Phosphorus: 112.77mg (11.28%), Selenium: 7.48µg (10.69%), Vitamin D: 1.47µg (9.77%), Magnesium: 37.57mg (9.39%), Copper: 0.18mg (9.04%), Manganese: 0.15mg (7.53%), Fiber: 1.72g (6.9%), Iron: 1.11mg (6.15%), Calcium: 60.39mg (6.04%), Vitamin E: 0.88mg (5.85%), Zinc: 0.78mg (5.17%), Potassium: 169.34mg (4.84%), Vitamin B5: 0.45mg (4.51%), Vitamin B12: 0.27µg (4.44%), Folate: 16.1µg (4.03%), Vitamin K: 4.02µg (3.83%), Vitamin B6: 0.07mg (3.4%), Vitamin B1: 0.04mg (2.36%), Vitamin B3: 0.24mg (1.22%), Vitamin C: 0.96mg (1.16%)