



Chocolate Creme Brulee

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



694 kcal

DESSERT

Ingredients

- 2 cups cup heavy whipping cream
- 0.3 cup sugar
- 0.5 cup bittersweet chocolate chopped
- 5 large egg yolk
- 4 tablespoons sugar

Equipment

- bowl
- oven

- whisk
- sieve
- ramekin
- roasting pan

Directions

- Heat cream and 1/4 cup sugar in a small saucepan over medium heat, stirring, until sugar dissolves and the cream just begins to simmer.
- Add chocolate, and whisk until melted and smooth.
- Whisk remaining 3 tablespoons sugar with the egg yolks in a medium bowl. Slowly pour cream mixture into yolk mixture, whisking constantly. Strain custard through a fine sieve.
- Pour custard into four 4-ounce ramekins.
- Transfer ramekins to a roasting pan, and fill pan with enough boiling water to reach halfway up the sides of ramekins.
- Bake until custards are just set, 1 hour to 1 hour 10 minutes. Carefully remove from water, and let custards cool.
- Assemble the crèmes brûlées: Refrigerate for 1 hour. Top each with 1 tablespoon sugar. Hold a small handheld kitchen torch at a 90-degree angle 3 to 4 inches from surface of custard. Move flame back and forth until surface is caramelized. Alternatively, broil custards on top rack until caramelized, 1 to 2 minutes.

Nutrition Facts



PROTEIN 4.59% **FAT 72.74%** **CARBS 22.67%**

Properties

Glycemic Index: 35.05, Glycemic Load: 17.1, Inflammation Score: -8, Nutrition Score: 12.058260917664%

Nutrients (% of daily need)

Calories: 694.01kcal (34.7%), Fat: 57.05g (87.77%), Saturated Fat: 34.22g (213.87%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 38.26g (13.91%), Sugar: 36.08g (40.08%), Cholesterol: 365.28mg (121.76%), Sodium: 44.76mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.81mg (6.27%), Protein: 8.1g (16.19%), Vitamin A: 2066.66IU (41.33%), Selenium: 17.45µg (24.94%), Phosphorus: 208.77mg (20.88%), Vitamin B2: 0.35mg (20.66%), Vitamin D: 3.05µg (20.34%), Copper: 0.3mg (15.21%), Manganese: 0.3mg (15.19%), Calcium: 119.76mg

(11.98%), Magnesium: 47.89mg (11.97%), Vitamin E: 1.77mg (11.81%), Iron: 2.09mg (11.63%), Vitamin B12: 0.64µg (10.74%), Vitamin B5: 1mg (10.04%), Zinc: 1.36mg (9.04%), Folate: 35.78µg (8.95%), Potassium: 260.73mg (7.45%), Fiber: 1.75g (7%), Vitamin B6: 0.12mg (6.17%), Vitamin K: 5.53µg (5.27%), Vitamin B1: 0.07mg (4.55%), Vitamin B3: 0.26mg (1.32%)