



## Chocolate Creme Brulee

 Gluten Free

READY IN



440 min.

SERVINGS



8

CALORIES



478 kcal

DESSERT

### Ingredients

- 2.5 tablespoons chocolate liqueur flavored
- 8 egg yolks
- 3 cups heavy whipping cream
- 0.8 cup sugar
- 1 ounce chocolate unsweetened chopped
- 1 tablespoon cocoa powder unsweetened
- 1.5 teaspoons vanilla extract

### Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- plastic wrap
- ramekin
- baking pan

## Directions

- Preheat the oven to 300 degrees F.
- In a medium saucepan, combine the cream, 3/4 cup sugar, the chocolate, liqueur, cocoa, and vanilla. Cook over medium-low heat, stirring occasionally, until bubbles form around the edges of the pan.
- Remove from the heat, and set aside.
- In a large bowl, whisk the egg yolks until just combined. Gradually add some of the hot cream mixture into beaten egg yolks, to temper.
- Whisk the egg mixture into the remaining hot cream mixture, stirring constantly. If lumps form, pour the mixture into a bowl through a fine wire-mesh strainer. Evenly divide the mixture into 6 to 8 flameproof ramekins. Arrange the ramekins in a 13 by 9-inch baking dish, and fill the dish with 1 1/2 inches hot water.
- Bake until the custard has set and is firm, about 30 to 45 minutes.
- Let cool on wire racks, then wrap in heavy-duty plastic wrap and chill at least 6 to 8 hours.
- Sprinkle each custard evenly with a little of the remaining 2 tablespoons sugar. Broil 5 1/2 inches from heat until sugar melts and becomes a caramel color.
- Remove the custards from the oven and let stand for 5 minutes to allow the sugar to harden. Sugar may also be browned with a professional culinary torch.

## Nutrition Facts



■ PROTEIN 4.98% ■ FAT 73.85% ■ CARBS 21.17%

## Properties

Glycemic Index:14.09, Glycemic Load:14.17, Inflammation Score:-7, Nutrition Score:8.8478261465612%

## Flavonoids

Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg Epicatechin: 6.25mg, Epicatechin: 6.25mg, Epicatechin: 6.25mg, Epicatechin: 6.25mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 478.36kcal (23.92%), Fat: 40.57g (62.41%), Saturated Fat: 24.37g (152.32%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 25.09g (9.12%), Sugar: 23.94g (26.6%), Cholesterol: 295.25mg (98.42%), Sodium: 34.71mg (1.51%), Alcohol: 0.26g (100%), Alcohol %: 0.24% (100%), Caffeine: 7.32mg (2.44%), Protein: 6.16g (12.31%), Vitamin A: 1571.53IU (31.43%), Selenium: 13.38µg (19.11%), Vitamin B2: 0.28mg (16.66%), Vitamin D: 2.4µg (16%), Phosphorus: 147.56mg (14.76%), Manganese: 0.21mg (10.39%), Copper: 0.19mg (9.52%), Calcium: 87.88mg (8.79%), Vitamin E: 1.31mg (8.75%), Vitamin B12: 0.49µg (8.23%), Iron: 1.42mg (7.9%), Folate: 31.18µg (7.8%), Vitamin B5: 0.78mg (7.77%), Zinc: 1.08mg (7.23%), Magnesium: 27.17mg (6.79%), Vitamin B6: 0.1mg (4.91%), Potassium: 158.21mg (4.52%), Fiber: 1.07g (4.29%), Vitamin B1: 0.06mg (3.75%), Vitamin K: 3.63µg (3.46%)