



Chocolate Creme Brulee

 Gluten Free

READY IN



170 min.

SERVINGS



6

CALORIES



837 kcal

DESSERT

Ingredients

- 1 ounce chocolate liqueur (recommended: Godiva Liqueur)
- 2 ounces cocoa powder
- 11 large egg yolks
- 1 quart heavy cream
- 1 cup sugar for dusting plus more
- 1 ounce chocolate unsweetened
- 0.5 tablespoon vanilla extract

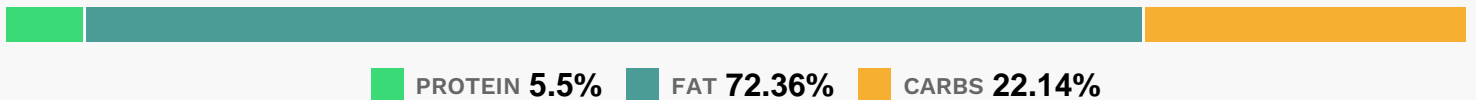
Equipment

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

Directions

- Preheat the oven to 350 degrees F.
- In a medium sized saucepan over medium-high heat, combine the heavy cream, sugar, liqueur, and vanilla. When the mixture is warm add the cocoa powder and chocolate and whisk until blended.
- Place the egg yolks in a large stainless steel bowl. Slowly add the warm chocolate mixture to the eggs, a little at a time, while whisking. Strain and pour into individual porcelain ramekins.
- Place the ramekins in a large baking pan.
- Pour enough hot water into the pan to come half way up the sides of the ramekins.
- Bake until firm in the center, about 30 minutes.
- Remove the ramekins from the water bath and let cool completely.
- Place in the refrigerator for 2 hours. Dust with sugar and caramelize with a propane torch.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.78, Glycemic Load:24.38, Inflammation Score:-9, Nutrition Score:18.235217576442%

Flavonoids

Catechin: 9.16mg, Catechin: 9.16mg, Catechin: 9.16mg, Catechin: 9.16mg Epicatechin: 25.26mg, Epicatechin: 25.26mg, Epicatechin: 25.26mg, Epicatechin: 25.26mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg,

Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 837.25kcal (41.86%), Fat: 70.69g (108.75%), Saturated Fat: 42.49g (265.58%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 44.13g (16.05%), Sugar: 40.82g (45.36%), Cholesterol: 514.83mg (171.61%), Sodium: 61.85mg (2.69%), Alcohol: 0.37g (100%), Alcohol %: 0.19% (100%), Caffeine: 28.63mg (9.54%), Protein: 12.08g (24.16%), Vitamin A: 2767.99IU (55.36%), Selenium: 24.25µg (34.64%), Phosphorus: 308.3mg (30.83%), Manganese: 0.61mg (30.27%), Vitamin B2: 0.51mg (29.84%), Copper: 0.58mg (29.12%), Vitamin D: 4.21µg (28.04%), Magnesium: 80.67mg (20.17%), Iron: 3.29mg (18.29%), Fiber: 4.54g (18.16%), Calcium: 162.76mg (16.28%), Vitamin E: 2.3mg (15.31%), Zinc: 2.27mg (15.13%), Vitamin B12: 0.86µg (14.34%), Folate: 56.3µg (14.08%), Vitamin B5: 1.37mg (13.7%), Potassium: 382.64mg (10.93%), Vitamin B6: 0.18mg (8.95%), Vitamin B1: 0.1mg (6.79%), Vitamin K: 6.26µg (5.96%), Vitamin B3: 0.41mg (2.07%), Vitamin C: 0.95mg (1.15%)