



Chocolate Crème Brûlée

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon amaretto
- ☐ 8 servings chocolate praline
- ☐ 6 large egg yolks at room temperature
- ☐ 1 tablespoon kahlua
- ☐ 1 cup milk
- ☐ 4 ounces semisweet and bittersweet chocolate chopped or 8 oz. of semisweet
- ☐ 0.8 cup sugar
- ☐ 1 vanilla pod

☐ 1 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ microwave
- ☐ spatula

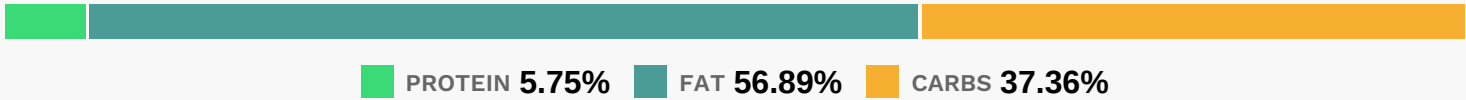
Directions

- ☐ Cut vanilla bean in half lengthwise; scrape seeds into a 2- to 3-quart pan.
- ☐ Add vanilla pod, cream, and milk. Stir occasionally over medium-high heat until mixture just begins to boil, 14 to 18 minutes.
- ☐ Meanwhile, in a bowl, whisk together egg yolks and sugar.
- ☐ Place chocolate in a small, microwave-safe glass bowl and heat in a microwave oven at half-power (50%) until soft, 1 1/2 to 2 minutes. Stir chocolate until smooth.
- ☐ Lift vanilla pod from cream mixture; rinse and dry for another use or discard.
- ☐ Whisk about 1/2 cup of the hot cream mixture into egg mixture, then whisk egg mixture into remaining cream mixture.
- ☐ Add hot melted chocolate (if it has cooled to room temperature, reheat briefly in microwave oven just until hot to touch; do not overheat).
- ☐ Pour mixture into a blender and whirl until no chocolate flecks remain.
- ☐ Pour through a fine strainer into a 1- to 2-quart glass measure. Stir in Amaretto and Kahla.
- ☐ Set six to eight souffl cups, ramekins, or teacups (1/2 to 3/4 cup) in a 9- by 13-inch baking pan. Fill cups equally with chocolate mixture. Set pan in a 300 regular or convection oven and

carefully pour about 1 inch of boiling water into pan around cups.

- ☐ Bake until centers of custards barely jiggle when pan is gently shaken, 30 to 35 minutes. With a slotted spatula, lift cups out. Chill until custards are cold, 1 to 1 1/4 hours (see notes).
- ☐ Garnish each crme brle with a large chunk of chocolate praline.
- ☐ Serve any remaining praline alongside.

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:13.86, Inflammation Score:-4, Nutrition Score:6.7652173521726%

Nutrients (% of daily need)

Calories: 333.51kcal (16.68%), Fat: 21.03g (32.36%), Saturated Fat: 11.95g (74.72%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 29.88g (10.87%), Sugar: 28.32g (31.47%), Cholesterol: 175.83mg (58.61%), Sodium: 27.81mg (1.21%), Alcohol: 0.89g (100%), Alcohol %: 1.02% (100%), Caffeine: 13.34mg (4.45%), Protein: 4.78g (9.57%), Selenium: 9.95µg (14.21%), Phosphorus: 136.22mg (13.62%), Vitamin A: 677.68IU (13.55%), Vitamin B2: 0.18mg (10.5%), Manganese: 0.2mg (10.12%), Vitamin D: 1.5µg (10%), Copper: 0.2mg (9.9%), Calcium: 82.83mg (8.28%), Magnesium: 32.51mg (8.13%), Vitamin B12: 0.49µg (8.11%), Iron: 1.31mg (7.29%), Vitamin B5: 0.61mg (6.14%), Zinc: 0.88mg (5.89%), Folate: 19.83µg (4.96%), Potassium: 172.12mg (4.92%), Fiber: 1.19g (4.76%), Vitamin E: 0.7mg (4.69%), Vitamin B6: 0.08mg (3.94%), Vitamin B1: 0.05mg (3.35%), Vitamin K: 2.22µg (2.11%)