



Chocolate Creme Brulee



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



361 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons cane sugar for topping
- ☐ 4 ounces chocolate dark chopped
- ☐ 4 egg yolks
- ☐ 1.3 cups heavy cream
- ☐ 1 tablespoon sugar
- ☐ 1 vanilla pod

Equipment

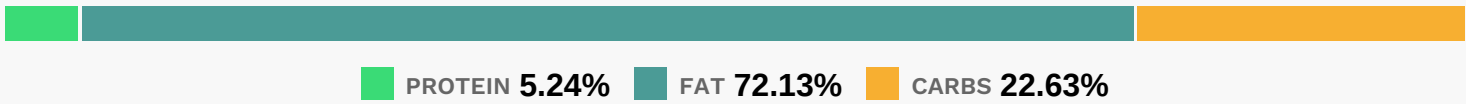
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ double boiler
- ☐ baking pan

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ Mix the cream and vanilla bean together in a double boiler.
- ☐ Heat the mixture for 10 to 15 minutes and stir in the chocolate.
- ☐ Remove the vanilla bean.
- ☐ Whisk the egg yolks and sugar together in a mixing bowl. Slowly pour the chocolate cream into the egg mix, continuously whisking.
- ☐ Place the bowl over simmering water until the cream mix thickens and coats the back of a spoon, about 6 to 8 minutes.
- ☐ Pour into 4 (4-ounce) custard dishes.
- ☐ Place in a large baking pan and add enough water to come up halfway up the sides of the cups.
- ☐ Bake until the custard is set, about 1 hour.
- ☐ Remove from the water and cool. Cover and refrigerate.
- ☐ Sprinkle 1 tablespoon of sugar on top of each one and with a brulee torch, caramelize the top and serve.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:8.5, Inflammation Score:-5, Nutrition Score:8.14173907819%

Nutrients (% of daily need)

Calories: 360.7kcal (18.04%), Fat: 29.29g (45.07%), Saturated Fat: 17.18g (107.37%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 18.62g (6.77%), Sugar: 16.03g (17.81%), Cholesterol: 186.2mg (62.07%), Sodium: 23.03mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.12mg (5.04%), Protein: 4.79g (9.58%), Manganese: 0.38mg (18.78%), Vitamin A: 909.29IU (18.19%), Copper: 0.35mg (17.46%), Iron: 2.63mg (14.62%), Selenium: 9.55µg (13.65%), Phosphorus: 133.77mg (13.38%), Magnesium: 47.16mg (11.79%), Vitamin B2: 0.17mg (10.19%), Vitamin D: 1.44µg (9.61%), Fiber: 2.06g (8.24%), Zinc: 1.02mg (6.81%), Calcium: 62.1mg (6.21%), Vitamin B12: 0.37µg (6.1%), Vitamin E: 0.88mg (5.85%), Vitamin B5: 0.56mg (5.64%), Potassium: 195.52mg (5.59%), Folate: 19.5µg (4.88%), Vitamin B6: 0.07mg (3.33%), Vitamin K: 3.05µg (2.91%), Vitamin B1: 0.04mg (2.5%), Vitamin B3: 0.23mg (1.17%)