



## Cinnamon-Orange Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



298 kcal

SIDE DISH

### Ingredients

- ☐ 1 stick cinnamon (1-inch)
- ☐ 2 large egg yolk
- ☐ 0.3 cup granulated sugar divided
- ☐ 1 cup milk 2% reduced-fat
- ☐ 6 tablespoons skim milk powder dry
- ☐ 1 strip orange zest (1-inch)
- ☐ 1 Dash salt
- ☐ 0.3 teaspoon vanilla extract

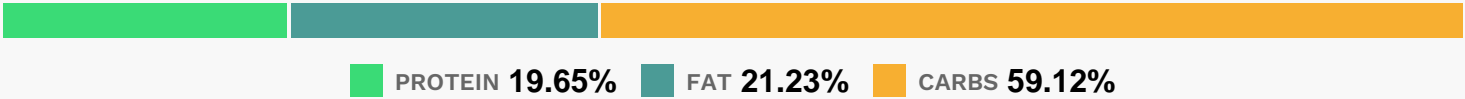
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ baking pan
- ☐ blow torch

## Directions

- ☐ Preheat oven to 30
- ☐ Combine milk, dry milk, and salt in a small saucepan over medium heat.
- ☐ Heat to 180 or until tiny bubbles form around the edge (do not boil), stirring occasionally.
- ☐ Remove from heat; stir in orange rind and cinnamon stick. Cover and let steep 10 minutes. Strain milk mixture through a sieve into a bowl; discard solids. Stir in vanilla extract.
- ☐ Combine 2 tablespoons sugar and egg yolks in a medium bowl; stir well with a whisk to combine.
- ☐ Gradually add milk mixture to egg mixture, stirring constantly with a whisk. Divide milk mixture evenly between 2 shallow (6-ounce) dishes.
- ☐ Place dishes in a 13 x 9inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 300 for 40 minutes or until center barely moves when dish is touched.
- ☐ Remove dishes from pan; cool completely on a wire rack. Cover and chill at least 4 hours or overnight.
- ☐ Sift remaining 2 tablespoons sugar evenly over the top of brles. Holding a kitchen blowtorch about 2 inches from the top of each custard, heat the sugar, moving the torch back and forth, until sugar is completely melted and caramelized (about 1 minute).
- ☐ Serve within 1 hour.

# Nutrition Facts



## Properties

Glycemic Index:37.55, Glycemic Load:17.48, Inflammation Score:-5, Nutrition Score:15.161739224973%

## Nutrients (% of daily need)

Calories: 298.17kcal (14.91%), Fat: 7.12g (10.95%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 43.56g (15.84%), Sugar: 42.82g (47.57%), Cholesterol: 197.54mg (65.85%), Sodium: 203.87mg (8.86%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 14.83g (29.65%), Calcium: 466.49mg (46.65%), Phosphorus: 394.02mg (39.4%), Vitamin B2: 0.66mg (39.04%), Vitamin B12: 1.86µg (31.06%), Selenium: 18.83µg (26.9%), Vitamin D: 3.39µg (22.62%), Vitamin B5: 1.74mg (17.43%), Vitamin A: 865.14IU (17.3%), Potassium: 597.39mg (17.07%), Manganese: 0.34mg (16.91%), Zinc: 1.91mg (12.75%), Vitamin B1: 0.17mg (11.4%), Folate: 42.38µg (10.59%), Magnesium: 39.91mg (9.98%), Vitamin B6: 0.19mg (9.51%), Fiber: 1.04g (4.14%), Iron: 0.73mg (4.04%), Vitamin C: 3.19mg (3.87%), Vitamin E: 0.52mg (3.45%), Copper: 0.04mg (1.92%), Vitamin B3: 0.36mg (1.81%)