



Coconut Crème Caramel

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



25

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 10 large egg yolks
- ☐ 1 cup granulated sugar
- ☐ 2 cups heavy cream
- ☐ 0.8 cup brown sugar light
- ☐ 25 servings salt
- ☐ 0.5 cup coconut or shredded sweetened toasted
- ☐ 1 can coconut milk unsweetened
- ☐ 1.5 teaspoons vanilla extract pure

☐ 0.3 cup water

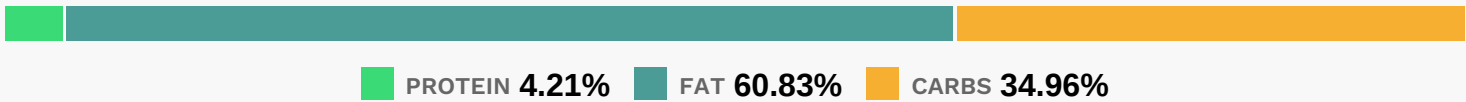
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 35
- ☐ In a saucepan, cook the granulated sugar with the water over moderate heat, brushing down the sides of the pan with a wet brush, until a rich amber caramel forms, about 15 minutes. Quickly pour the caramel into a 9-inch square glass or ceramic baking dish to coat the bottom.
- ☐ In a bowl, beat the egg yolks and brown sugar until very thick, 2 minutes. Beat in the cream, coconut milk, vanilla and salt and pour into the baking dish. Set the dish in a roasting pan.
- ☐ Pour hot water in the pan to come halfway up the dish's side.
- ☐ Bake for 1 hour, until the custard is just set but still jiggly in the center. Refrigerate in the dish overnight.
- ☐ Run a knife around the edge of the custard. Set the dish in a pan of hot water for 10 seconds. Invert a flat platter over the dish then turn the custard and caramel onto the platter. Top with the toasted coconut and serve.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:5.58, Inflammation Score:-2, Nutrition Score:3.2752173542976%

Nutrients (% of daily need)

Calories: 189.02kcal (9.45%), Fat: 13.15g (20.23%), Saturated Fat: 8.97g (56.07%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.57g (6.03%), Sugar: 16.32g (18.14%), Cholesterol: 94.96mg (31.65%), Sodium: 211.38mg (9.19%), Alcohol: 0.08g (100%), Alcohol %: 0.17% (100%), Protein: 2.05g (4.1%), Manganese: 0.2mg (10.03%), Selenium: 5.8µg (8.28%), Vitamin A: 377.94IU (7.56%), Phosphorus: 55.77mg (5.58%), Vitamin D: 0.67µg (4.48%), Vitamin B2: 0.07mg (4.34%), Folate: 13.46µg (3.36%), Iron: 0.55mg (3.08%), Vitamin B5: 0.3mg (3.03%), Calcium: 29.94mg (2.99%), Copper: 0.06mg (2.99%), Vitamin B12: 0.16µg (2.72%), Vitamin E: 0.38mg (2.54%), Potassium: 82.98mg (2.37%), Zinc: 0.35mg (2.31%), Magnesium: 9.14mg (2.29%), Vitamin B6: 0.04mg (2.17%), Fiber: 0.43g (1.73%), Vitamin B1: 0.02mg (1.37%)