



Coconut Crème Caramel with Pineapple Concassé

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cream of coconut
- ☐ 1 large egg whites
- ☐ 3 large eggs
- ☐ 1.7 cups milk 2% reduced-fat
- ☐ 6 servings pineapple
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons water

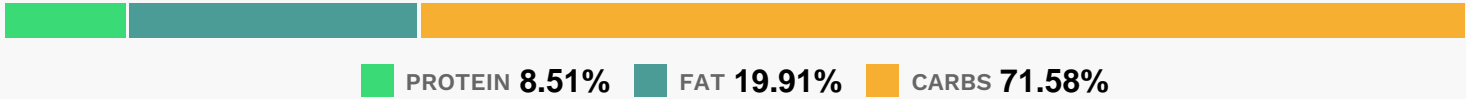
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 325
- ☐ Combine 1/3 cup sugar and water in a small, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring frequently. Continue cooking until golden (about 10 minutes). Immediately pour into 6 (6-ounce) ramekins or custard cups coated with cooking spray, tilting each ramekin quickly until caramelized sugar coats bottom of cup.
- ☐ Place eggs and egg white in a medium bowl; stir well with a whisk.
- ☐ Add milk and next 4 ingredients (milk through salt), stirring until well blended. Divide egg mixture evenly among prepared ramekins.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 325 for 50 minutes or until a knife inserted in center comes out clean.
- ☐ Remove ramekins from pan. Cover and chill at least 4 hours.
- ☐ Loosen edges of custards with a knife or rubber spatula.
- ☐ Place dessert plate, upside down, on top of each ramekin; invert onto plate.
- ☐ Serve with Pineapple Concass.

Nutrition Facts



Properties

Glycemic Index:33.14, Glycemic Load:25.05, Inflammation Score:-3, Nutrition Score:9.9434781489165%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 294.63kcal (14.73%), Fat: 6.61g (10.18%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 53.52g (17.84%), Net Carbohydrates: 51.82g (18.84%), Sugar: 50.43g (56.03%), Cholesterol: 98.24mg (32.75%), Sodium: 133.71mg (5.81%), Alcohol: 0.46g (100%), Alcohol %: 0.25% (100%), Protein: 6.36g (12.72%), Vitamin C: 39.57mg (47.96%), Manganese: 0.79mg (39.29%), Vitamin B2: 0.29mg (17.21%), Selenium: 10.66µg (15.23%), Phosphorus: 117.32mg (11.73%), Calcium: 104.46mg (10.45%), Vitamin B12: 0.57µg (9.58%), Vitamin B5: 0.8mg (8.03%), Vitamin B6: 0.16mg (8.02%), Folate: 30.1µg (7.52%), Fiber: 1.7g (6.81%), Vitamin B1: 0.1mg (6.74%), Potassium: 227.71mg (6.51%), Copper: 0.12mg (5.9%), Magnesium: 20.95mg (5.24%), Vitamin A: 249.72IU (4.99%), Zinc: 0.74mg (4.95%), Iron: 0.71mg (3.95%), Vitamin D: 0.5µg (3.33%), Vitamin B3: 0.5mg (2.52%), Vitamin E: 0.3mg (1.99%)