



## Coffee-Brandy Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 tablespoon brandy
- ☐ 4 large egg yolk
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 1.5 teaspoons coffee instant
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream

### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ broiler
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 350°F. Arrange six 3/4-cup ramekins or custard cups in 13x9x2-inch metal baking pan.
- ☐ Combine cream and 1/4 cup sugar in heavy medium saucepan; bring almost to simmer, stirring until sugar dissolves.
- ☐ Remove from heat; add coffee and whisk to dissolve.
- ☐ Whisk egg yolks in medium bowl to blend. Gradually whisk in warm cream mixture, then brandy and vanilla. Strain custard into 4-cup measuring cup; pour into ramekins, dividing equally.
- ☐ Pour enough hot water into pan to come halfway up sides of ramekins.
- ☐ Bake custards until center moves only slightly when pan is gently shaken, about 35 minutes.
- ☐ Remove custards from pan. Chill until cold, at least 3 hours, then cover and keep chilled overnight.
- ☐ Preheat broiler. Arrange custards on baking sheet. Press 1/2 tablespoon brown sugar through strainer onto each custard, forming even layer. Broil 6 inches from heat source until sugar melts, bubbles and caramelizes, watching carefully and rotating sheet for even browning, about 4 minutes. Refrigerate custards until sugar topping hardens, at least 1 hour and up to 4 hours before serving.

## Nutrition Facts



 **PROTEIN 4.43%**  **FAT 77.06%**  **CARBS 18.51%**

## Properties

Glycemic Index:14.18, Glycemic Load:5.82, Inflammation Score:-6, Nutrition Score:5.4695652101351%

## Nutrients (% of daily need)

Calories: 369.69kcal (18.48%), Fat: 31.67g (48.72%), Saturated Fat: 19.33g (120.81%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 17.12g (6.23%), Sugar: 16.6g (18.45%), Cholesterol: 212.05mg (70.68%), Sodium: 28.8mg (1.25%), Alcohol: 1.06g (100%), Alcohol %: 1.24% (100%), Caffeine: 7.85mg (2.62%), Protein: 4.09g (8.19%), Vitamin A: 1329.63IU (26.59%), Selenium: 8.88µg (12.69%), Vitamin D: 1.88µg (12.54%), Vitamin B2: 0.21mg (12.44%), Phosphorus: 91.35mg (9.14%), Calcium: 72.47mg (7.25%), Vitamin E: 1.02mg (6.82%), Vitamin B12: 0.35µg (5.8%), Vitamin B5: 0.55mg (5.5%), Folate: 19.78µg (4.95%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.46mg (3.04%), Potassium: 105.75mg (3.02%), Vitamin K: 2.62µg (2.5%), Iron: 0.45mg (2.49%), Vitamin B1: 0.04mg (2.4%), Magnesium: 7.56mg (1.89%), Copper: 0.02mg (1.11%)