



Coffee Crème Brûlées

 Vegetarian  Gluten Free

READY IN



69 min.

SERVINGS



5

CALORIES



243 kcal

BEVERAGE

DRINK

Ingredients

- 2 sticks cinnamon (3-inch)
- 4 large egg yolks
- 12 ounce evaporated milk fat-free canned
- 0.5 cup half-and-half fat-free
- 1 tablespoon coffee granules instant
- 0.5 cup nonfat milk dry
- 0.1 teaspoon salt
- 3 tablespoons sugar divided

- 5 teaspoons sugar

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- wire rack
- ramekin
- baking pan
- blow torch

Directions

- Combine first 4 ingredients and 2 tablespoons sugar in a medium saucepan; add cinnamon sticks. Cook over medium heat 7 minutes or until hot, stirring occasionally.
- Remove from heat. Cover and let stand 20 minutes. Discard cinnamon sticks.
- Preheat oven to 30
- Combine egg yolks, 1 tablespoon sugar, and salt in a medium bowl, stirring with a whisk. Gradually add milk mixture, stirring with whisk.
- Pour custard mixture evenly into 5 (4-ounce) ramekins or custard cups.
- Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- Bake at 300 for 50 minutes or until center barely moves when ramekin is touched. Cool custards in water in pan on a wire rack.
- Remove ramekins from pan; cover and chill at least 8 hours or overnight.
- Carefully pat the surface of each custard cup dry with paper towels.
- Sprinkle 1 teaspoon sugar evenly over each custard. Holding a kitchen blowtorch about 2 inches from the top of 1 custard, heat the sugar, moving the torch back and forth, until sugar is completely melted and caramelized (about 1 minute). Repeat procedure with remaining

custard cups.

Serve immediately or within 1 hour.

Nutrition Facts

PROTEIN 19.43% **FAT 33.81%** **CARBS 46.76%**

Properties

Glycemic Index:29.04, Glycemic Load:7.84, Inflammation Score:-5, Nutrition Score:11.789999842644%

Nutrients (% of daily need)

Calories: 243.12kcal (12.16%), Fat: 9.23g (14.2%), Saturated Fat: 4.69g (29.3%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 27.98g (10.17%), Sugar: 25.54g (28.37%), Cholesterol: 170.19mg (56.73%), Sodium: 225.21mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 31.4mg (10.47%), Protein: 11.93g (23.86%), Calcium: 384.57mg (38.46%), Phosphorus: 346.88mg (34.69%), Vitamin B2: 0.53mg (31.3%), Selenium: 13.38µg (19.11%), Vitamin B12: 0.98µg (16.34%), Potassium: 526.07mg (15.03%), Vitamin D: 2.12µg (14.15%), Vitamin B5: 1.38mg (13.83%), Manganese: 0.28mg (13.83%), Vitamin A: 634.48IU (12.69%), Zinc: 1.55mg (10.32%), Magnesium: 38.1mg (9.52%), Folate: 32.33µg (8.08%), Vitamin B1: 0.12mg (7.95%), Vitamin B6: 0.14mg (7.1%), Iron: 0.71mg (3.92%), Vitamin E: 0.5mg (3.34%), Fiber: 0.74g (2.97%), Vitamin B3: 0.58mg (2.9%), Vitamin C: 2.33mg (2.82%), Copper: 0.04mg (1.85%)