



WHAT'SheATe



Cook the Book: Maple Crème Caramel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 5 egg yolk
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup maple syrup pure
- ☐ 1 teaspoon vanilla extract pure
- ☐ 2 cups whipping cream

Equipment

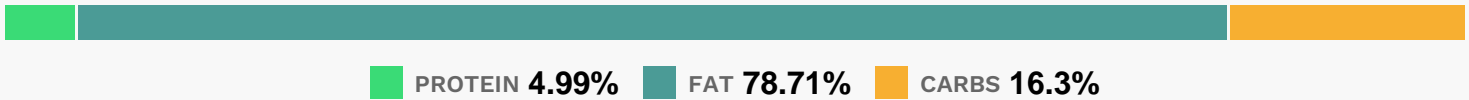
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 275°F. Lightly butter six (3/4-cup) ramekins and set aside.
- ☐ Simmer 1/2 cup maple syrup in a small saucepan over medium heat for about 10 minutes, until syrup is reduced to a thick pouring consistency. Don't overcook or you will make candy. Immediately pour caramel into prepared ramekins to coat sides with some of the caramel. Set aside.
- ☐ Whisk Grade B maple syrup, egg yolks, vanilla, and cinnamon in a medium bowl to combine.
- ☐ Heat the cream in a medium saucepan until just boiling. Gradually whisk hot cream into the yolk mixture, then divide the mixture among the prepared ramekins.
- ☐ Set the ramekins into a baking pan and fill the pan with hot water halfway up the sides of the ramekins. Cover the baking pan with foil, carefully transfer to the oven, and bake for 50 minutes. During the last 10 minutes of baking, check the custards to make sure that the center is set and a little wiggly but not totally cooked.
- ☐ Remove the custards from the water and chill uncovered in the refrigerator until cold, at least 4 hours. Custards can be made one day ahead but make sure to cover once they are cold. Keep refrigerated.
- ☐ To serve, run a knife around the edges of the ramekins to loosen custards, and invert onto dessert plates.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:4.4, Inflammation Score:-6, Nutrition Score:7.9095651688783%

Nutrients (% of daily need)

Calories: 369.08kcal (18.45%), Fat: 32.62g (50.18%), Saturated Fat: 19.68g (123%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 15.02g (5.46%), Sugar: 13.21g (14.68%), Cholesterol: 251.65mg (83.88%), Sodium: 30.32mg (1.32%), Alcohol: 0.23g (100%), Alcohol %: 0.26% (100%), Protein: 4.65g (9.3%), Vitamin A: 1383.48IU (27.67%), Vitamin B2: 0.46mg (26.84%), Manganese: 0.48mg (24.01%), Selenium: 10.79µg (15.41%), Vitamin D: 2.08µg (13.86%), Phosphorus: 104.77mg (10.48%), Calcium: 94.62mg (9.46%), Vitamin E: 1.12mg (7.5%), Vitamin B12: 0.42µg (6.99%), Vitamin B5: 0.65mg (6.52%), Folate: 25.09µg (6.27%), Zinc: 0.67mg (4.45%), Vitamin B6: 0.08mg (4.05%), Potassium: 134.39mg (3.84%), Vitamin B1: 0.05mg (3.61%), Iron: 0.54mg (2.98%), Vitamin K: 2.75µg (2.62%), Magnesium: 10.34mg (2.59%), Copper: 0.02mg (1.09%)