



Cream Cheese Brûlée with Raspberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 tablespoons cornstarch
- ☐ 1 eggs lightly beaten
- ☐ 3 egg whites lightly beaten
- ☐ 8 teaspoons brown sugar light
- ☐ 8 ounce cream cheese reduced-fat
- ☐ 1.5 cups raspberries
- ☐ 12 ounce evaporated skimmed milk canned

☐ 1 teaspoon vanilla extract

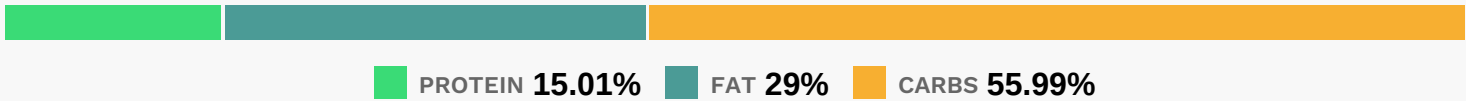
Equipment

- ☐ baking sheet
- ☐ whisk
- ☐ ramekin
- ☐ double boiler

Directions

- ☐ Combine first 5 ingredients in the top of a double boiler; stir well. Cook over simmering water 4 minutes or until thickened, stirring constantly with a wire whisk.
- ☐ Remove from heat; add vanilla and cream cheese, stirring until smooth. Gently fold in raspberries.
- ☐ Spoon 1/2 cup cheese mixture into each of 8 (6-ounce) ramekins or custard cups. Cover and chill at least 4 hours.
- ☐ Sprinkle each serving with 1 teaspoon brown sugar.
- ☐ Place ramekins on a baking sheet; broil 1 minute or until sugar melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.41, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:5.3508695726809%

Flavonoids

Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 155.95kcal (7.8%), Fat: 5.06g (7.79%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 20.51g (7.46%), Sugar: 17.73g (19.7%), Cholesterol: 37.04mg (12.35%), Sodium: 149.83mg (6.51%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.89g (11.79%), Calcium: 118.61mg (11.86%), Vitamin B2: 0.19mg (11.28%), Phosphorus: 108.51mg (10.85%), Vitamin B12: 0.57µg (9.44%), Selenium: 6.18µg (8.83%), Manganese: 0.17mg (8.43%), Vitamin C: 5.89mg (7.15%), Potassium: 219.25mg (6.26%), Fiber: 1.48g (5.92%), Vitamin B5: 0.59mg (5.89%), Vitamin A: 280.36IU (5.61%), Vitamin D: 0.66µg (4.42%), Magnesium: 15.52mg (3.88%), Folate: 14.13µg (3.53%), Zinc: 0.53mg (3.52%), Vitamin B6: 0.07mg (3.26%), Vitamin B1: 0.05mg (3%), Iron: 0.41mg (2.29%), Copper: 0.04mg (2.21%), Vitamin E: 0.33mg (2.2%), Vitamin K: 2.08µg (1.98%), Vitamin B3: 0.25mg (1.26%)