

Crema Catalana



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 1 stick cinnamon (2-inch)
- ☐ 2 tablespoons cornstarch
- ☐ 3 large egg yolks
- ☐ 3 strips strips lemon rind fresh ()
- ☐ 0.1 teaspoon salt
- ☐ 7 tablespoons sugar divided
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ blow torch
- ☐ kitchen thermometer

Directions

- ☐ Heat milk over medium-high heat in a small heavy saucepan to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.
- ☐ Add rind and cinnamon; cover and let stand 30 minutes. Discard rind and cinnamon.
- ☐ Combine 1/4 cup sugar, cornstarch, and salt in a small bowl, stirring well with a whisk.
- ☐ Add 1/4 cup milk to sugar mixture, stirring until smooth. Return milk mixture to pan; cook over medium-low heat 7 minutes or until almost thick, stirring constantly with a whisk.
- ☐ Place egg yolks in a small bowl. Gradually pour one-third of hot milk mixture into yolks, stirring constantly with a whisk. Carefully return yolk mixture to pan. Cook over low heat 4 minutes or until a thermometer registers 180, stirring constantly with a whisk. Divide custard evenly among 6 (4-ounce) custard cups; press plastic wrap against surface of custard. Chill at least 4 hours.
- ☐ Remove plastic; discard.
- ☐ Sprinkle remaining 3 tablespoons sugar evenly over custards. Holding a kitchen blowtorch about 2 inches from the top of each custard, heat the sugar, moving the torch back and forth, until sugar is completely melted and caramelized (about 1 minute).
- ☐ Serve immediately or within 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:11.22, Inflammation Score:-1, Nutrition Score:4.6252174286739%

Nutrients (% of daily need)

Calories: 141.91kcal (7.1%), Fat: 4.91g (7.55%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 20.64g (7.51%), Sugar: 17.97g (19.96%), Cholesterol: 101.56mg (33.85%), Sodium: 83.9mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Calcium: 117.74mg (11.77%), Phosphorus: 116.08mg (11.61%), Vitamin B12: 0.61µg (10.08%), Vitamin B2: 0.16mg (9.44%), Selenium: 6.49µg (9.27%), Vitamin D: 1.35µg (9.02%), Vitamin B5: 0.56mg (5.61%), Manganese: 0.11mg (5.6%), Vitamin A: 256.3IU (5.13%), Vitamin B1: 0.06mg (4.06%), Vitamin B6: 0.08mg (4.06%), Potassium: 134.95mg (3.86%), Zinc: 0.54mg (3.63%), Folate: 12.51µg (3.13%), Magnesium: 10.69mg (2.67%), Vitamin E: 0.27mg (1.83%), Iron: 0.3mg (1.69%), Fiber: 0.39g (1.55%)