



## Crème Brûlée

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



779 kcal

SIDE DISH

### Ingredients

- 10 egg yolk whole
- 4 cups cup heavy whipping cream
- 0.8 cups sugar
- 6 Tablespoons caster sugar (Baker's)
- 1 vanilla paste whole

### Equipment

- baking sheet
- sauce pan

- oven
- sieve
- plastic wrap
- ramekin

## Directions

- Preheat oven to 325 degrees.
- Pour the cream into the saucepan.
- Add vanilla (whichever product you're using) and simmer over medium-low heat. Whip egg yolks with the sugar until pale yellow and thick. Strain cream using a fine mesh strainer. Whip egg yolks while you very slowly drizzle in 1 cup of warm cream. Go slowly so as not to cook the eggs! Once the first cup is added, you can add the rest of the cream slowly.
- Place ramekins onto a rimmed baking sheet.
- Pour custard mixture into ramekins.
- Pour water in bottom of baking sheet until it comes halfway up the ramekins.
- Bake for 30 minutes, or until just set. Do not allow to get brown. Cool ramekins on countertop, then chill for at least 2-3 hours, covered in plastic wrap. To serve, sprinkle 1 tablespoon over each ramekin of custard. Use a kitchen torch to quickly (but carefully) brown the sugar. There should be a thin, crisp surface of burned sugar on the top.
- Serve immediately!

## Nutrition Facts

■ PROTEIN 4.67% ■ FAT 73.94% ■ CARBS 21.39%

## Properties

Glycemic Index:23.36, Glycemic Load:25.83, Inflammation Score:-8, Nutrition Score:11.990000006945%

## Nutrients (% of daily need)

Calories: 779.18kcal (38.96%), Fat: 65.35g (100.53%), Saturated Fat: 39.36g (245.99%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 42.54g (15.47%), Sugar: 41.83g (46.47%), Cholesterol: 503.29mg (167.76%), Sodium: 57.61mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.55%), Vitamin A: 2765IU (55.3%), Selenium: 21.78µg (31.12%), Vitamin D: 4.16µg (27.72%), Vitamin B2: 0.46mg (27.28%), Phosphorus: 209.03mg

(20.9%), Vitamin E: 2.23mg (14.89%), Calcium: 143.79mg (14.38%), Vitamin B12: 0.84µg (13.98%), Vitamin B5: 1.3mg (13.02%), Folate: 50.15µg (12.54%), Vitamin B6: 0.16mg (8.03%), Zinc: 1.07mg (7.16%), Vitamin B1: 0.08mg (5.64%), Iron: 1mg (5.53%), Potassium: 184.17mg (5.26%), Vitamin K: 5.29µg (5.04%), Magnesium: 12.61mg (3.15%), Copper: 0.04mg (2.16%), Vitamin C: 0.95mg (1.15%)