



Crème Brûlée

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



431 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar dark
- 6 egg yolks
- 8 servings garnishes: strawberries fresh
- 0.3 cup sugar
- 1 tablespoon vanilla extract
- 2.5 cups whipping cream

Equipment

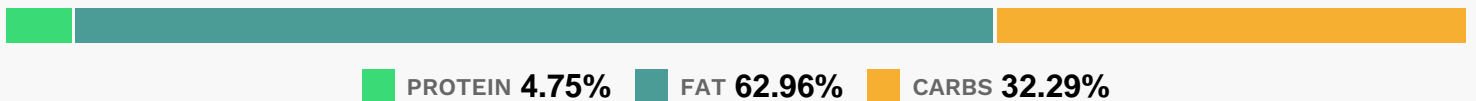
- frying pan

- sauce pan
- oven
- wire rack
- hand mixer

Directions

- Beat eggs and sugar at medium speed with an electric mixer until blended. Set aside.
- Bring whipping cream to a boil in a medium saucepan over medium-high heat. Gradually add to egg mixture, beating at low speed until blended; stir in vanilla.
- Pour into 8 (5- x 1-inch) round baking dishes.
- Place baking dishes in a 15- x 10-inch pan.
- Add hot water to depth of 1/2 inch.
- Bake at 275 for 45 to 50 minutes or until almost set.
- Remove custard cups from pan, and cool on a wire rack. Cover and chill at least 8 hours.
- Sprinkle each custard with 1 tablespoon brown sugar, and place in a pan.
- Broil 5 1/2 inches from heat (with electric oven door partially open) until sugar melts (about 2 to 3 minutes).
- Let stand 5 minutes to allow sugar to harden.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:9.09, Inflammation Score:-8, Nutrition Score:14.032174017118%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg

Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 431.44kcal (21.57%), Fat: 30.89g (47.52%), Saturated Fat: 18.42g (115.11%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 32.77g (11.92%), Sugar: 31.15g (34.61%), Cholesterol: 229.84mg (76.61%), Sodium: 32.08mg (1.39%), Alcohol: 0.56g (100%), Alcohol %: 0.28% (100%), Protein: 5.24g (10.48%), Vitamin C: 85.12mg (103.17%), Manganese: 0.58mg (28.84%), Vitamin A: 1305.26IU (26.11%), Selenium: 10.58µg (15.12%), Vitamin B2: 0.25mg (14.47%), Folate: 57.38µg (14.35%), Phosphorus: 130.99mg (13.1%), Vitamin D: 1.92µg (12.79%), Fiber: 2.88g (11.52%), Calcium: 101.22mg (10.12%), Vitamin E: 1.45mg (9.67%), Potassium: 326.55mg (9.33%), Vitamin B5: 0.79mg (7.92%), Vitamin B6: 0.15mg (7.35%), Magnesium: 26.03mg (6.51%), Vitamin B12: 0.38µg (6.37%), Iron: 1.14mg (6.32%), Vitamin K: 5.64µg (5.37%), Vitamin B1: 0.07mg (4.89%), Copper: 0.1mg (4.8%), Zinc: 0.7mg (4.65%), Vitamin B3: 0.63mg (3.14%)