



## Crème Brûlée

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



526 kcal

SIDE DISH

### Ingredients

- 5 large egg yolk lightly beaten
- 2.5 cups cup heavy whipping cream
- 1 pinch salt
- 0.8 cup sugar
- 6 tablespoons sugar
- 0.5 vanilla pod split

### Equipment

- frying pan

- baking sheet
- sauce pan
- ladle
- oven
- whisk
- sieve
- ramekin
- blow torch
- broiler

## Directions

- Preheat the oven to 325°F and arrange the ramekins on a large rimmed baking sheet.
- In a medium saucepan over moderately high heat, combine the heavy cream, 1/2 of the sugar, the vanilla bean seeds and pod, and the salt and bring to a boil, stirring to dissolve the sugar.
- While the cream is heating, combine the egg yolks with the remaining sugar and whisk to combine. Gradually add about 1/3 of the hot cream to the yolks, whisking constantly, then add the remaining hot cream and stir to fully combine. Strain the custard through a fine-mesh sieve into a clean container. Carefully ladle or pour the custard into the ramekins, filling them to the rim.
- Place the baking sheet in the oven and carefully pour enough hot water into the pan to come halfway up the sides of the ramekins.
- Bake until the edges have set but the center still jiggles when the ramekin is gently shaken, 20 to 25 minutes.
- Remove the ramekins from the water bath and let cool on a rack for 30 minutes then wrap individually and refrigerate for at least 3 hours.
- Sprinkle the top of each custard with a thin even layer of sanding sugar, using about 1 tablespoon per ramekin. Use a kitchen blowtorch or the broiler to evenly melt and caramelize the sugar.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 3.76% ■ FAT 66.35% ■ CARBS 29.89%

## Properties

Glycemic Index:23.36, Glycemic Load:25.83, Inflammation Score:-7, Nutrition Score:6.6830435408198%

## Nutrients (% of daily need)

Calories: 526.21kcal (26.31%), Fat: 39.73g (61.13%), Saturated Fat: 24.16g (151.01%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 40.28g (14.65%), Sugar: 39.9g (44.33%), Cholesterol: 265.06mg (88.35%), Sodium: 40.4mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin A: 1662.03IU (33.24%), Selenium: 11.13µg (15.9%), Vitamin B2: 0.27mg (15.78%), Vitamin D: 2.35µg (15.68%), Phosphorus: 112.77mg (11.28%), Vitamin E: 1.28mg (8.52%), Calcium: 84.1mg (8.41%), Vitamin B12: 0.43µg (7.25%), Vitamin B5: 0.68mg (6.76%), Folate: 24.65µg (6.16%), Vitamin B6: 0.08mg (4.21%), Zinc: 0.57mg (3.78%), Potassium: 110.39mg (3.15%), Vitamin K: 3.27µg (3.12%), Vitamin B1: 0.04mg (2.98%), Iron: 0.5mg (2.8%), Magnesium: 7.65mg (1.91%), Copper: 0.02mg (1.22%)