



## Creme Brulee

 Vegetarian  Gluten Free

READY IN



240 min.

SERVINGS



8

CALORIES



167 kcal

DESSERT

### Ingredients

- 1 large eggs
- 3 egg yolk
- 120 g milk fresh
- 40 g sugar
- 1 vanilla pod
- 250 g whipping cream

### Equipment

- bowl

- oven
- whisk
- pot
- sieve
- ramekin
- roasting pan
- cake form
- blow torch

## Directions

- Preheat oven to 150C.
- Pour fresh milk and whipping cream into a sauce pot. Slice the vanilla pod and scrape the seeds into the cream. Chop the empty pod into small pieces, and add to the cream too. Bring the cream mixture to boiling point, then lower the heat and simmer gently for 3 minutes. Lightly beat the sugar and eggs together in a large bowl until pale and smooth. Strain the cream mixture through a fine sieve and bring back to boil. Gradually add the cream to the eggs while whisking vigorously. This will temper the eggs so that they do not curdle. Once all of the the cream has been added into the eggs, strain again and pour the mixture into 7-8 ramekins depending on size.
- Put the ramekins in a large cake pan or roasting pan and pour in enough hot water to come halfway up the sides of the ramekins. Cook on the centre shelf for about 30-40 minutes, or until the custards are just set and still a bit wobbly in the middle.
- Remove the ramekins from the water and allow to cool to room temperature and refrigerate for at least 3 hours or till next day. Before ready to serve, sprinkle some caster sugar evenly over the custard, then caramelize with a blowtorch.

## Nutrition Facts

 PROTEIN 7.66%  FAT 75.78%  CARBS 16.56%

## Properties

Glycemic Index:13.51, Glycemic Load:3.76, Inflammation Score:-3, Nutrition Score:3.5730434782609%

## Taste

Sweetness: 61.22%, Saltiness: 41.71%, Sourness: 9.44%, Bitterness: 5.59%, Savoriness: 26.64%, Fattiness: 100%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 166.64kcal (8.33%), Fat: 14.25g (21.93%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 7.01g (2.55%), Sugar: 6.68g (7.43%), Cholesterol: 133.26mg (44.42%), Sodium: 26.3mg (1.14%), Protein: 3.24g (6.48%), Vitamin A: 614.76IU (12.3%), Selenium: 6.95µg (9.93%), Vitamin B2: 0.14mg (8.51%), Vitamin D: 1.15µg (7.7%), Phosphorus: 71.97mg (7.2%), Vitamin B12: 0.32µg (5.3%), Calcium: 51.33mg (5.13%), Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.53mg (3.57%), Folate: 14.04µg (3.51%), Vitamin B6: 0.05mg (2.72%), Zinc: 0.37mg (2.49%), Potassium: 68.27mg (1.95%), Vitamin B1: 0.03mg (1.94%), Iron: 0.33mg (1.82%), Magnesium: 5.08mg (1.27%), Vitamin K: 1.11µg (1.06%)