



## Crème Brûlée

 Vegetarian  Gluten Free

READY IN



420 min.

SERVINGS



4

CALORIES



589 kcal

SIDE DISH

### Ingredients

- 6 egg yolk
- 2 cups whipping cream
- 0.3 cup granulated sugar
- 1 teaspoon vanilla
- 1 serving water boiling
- 8 teaspoons granulated sugar

### Equipment

- bowl

- frying pan
- paper towels
- oven
- whisk
- wire rack
- plastic wrap
- ramekin
- broiler
- tongs
- pot holder

## Directions

- Heat oven to 350°F. In 13x9-inch pan, place 4 (6-oz) ceramic ramekins. In small bowl, slightly beat egg yolks with wire whisk. In large bowl, stir whipping cream, 1/3 cup granulated sugar and the vanilla until well mixed.
- Add egg yolks; beat with wire whisk until evenly colored and well blended.
- Pour cream mixture evenly into ramekins.
- Carefully place pan with ramekins in oven.
- Pour enough boiling water into pan, being careful not to splash water into ramekins, until water covers two-thirds of the height of the ramekins.
- Bake 30 to 40 minutes or until top is light golden brown and sides are set (centers will be jiggly).
- Using tongs or grasping tops of ramekins with pot holder, carefully transfer ramekins to cooling rack. Cool to room temperature, about 2 hours. Cover tightly with plastic wrap; refrigerate until chilled, at least 4 hours but no longer than 48 hours.
- Uncover ramekins; gently blot any liquid from tops of custards with paper towel.
- Sprinkle 2 teaspoons granulated sugar over each chilled custard. Holding kitchen torch 3 to 4 inches from custard, caramelize sugar on each custard by heating with torch about 2 minutes, moving flame continuously over sugar in circular motion, until sugar is melted and light golden brown. (To caramelize sugar in the broiler, see Broiler Directions below.)
- Serve immediately, or refrigerate up to 8 hours before serving.

# Nutrition Facts

PROTEIN 5.13% FAT 75.47% CARBS 19.4%

## Properties

Glycemic Index:35.05, Glycemic Load:17.22, Inflammation Score:-7, Nutrition Score:9.8534782477047%

## Nutrients (% of daily need)

Calories: 589.39kcal (29.47%), Fat: 50.19g (77.22%), Saturated Fat: 29.95g (187.18%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 29.04g (10.56%), Sugar: 28.37g (31.52%), Cholesterol: 426.07mg (142.02%), Sodium: 48.38mg (2.1%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 7.67g (15.35%), Vitamin A: 2138.64IU (42.77%), Selenium: 18.84µg (26.91%), Vitamin D: 3.36µg (22.41%), Vitamin B2: 0.37mg (21.88%), Phosphorus: 174.38mg (17.44%), Vitamin B12: 0.72µg (11.95%), Vitamin E: 1.79mg (11.94%), Calcium: 115.5mg (11.55%), Vitamin B5: 1.11mg (11.11%), Folate: 44.18µg (11.05%), Vitamin B6: 0.14mg (6.82%), Zinc: 0.92mg (6.11%), Iron: 0.87mg (4.83%), Vitamin B1: 0.07mg (4.76%), Potassium: 144.45mg (4.13%), Vitamin K: 4µg (3.81%), Magnesium: 10.39mg (2.6%), Copper: 0.05mg (2.29%)