

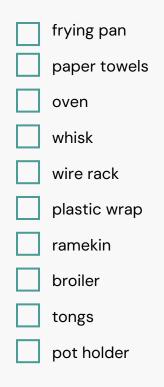


Ingredients

- 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



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%)