



# Creme Brulee I

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



315 kcal

DESSERT

## Ingredients

- 0.3 cup brown sugar
- 4 egg yolks
- 2 cups heavy cream
- 4 cups raspberries
- 3 tablespoons sugar white

## Equipment

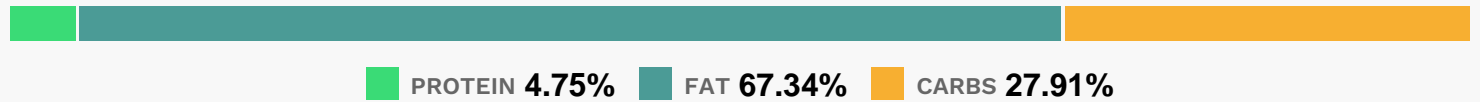
- bowl
- sauce pan

- oven
- hand mixer
- broiler

## Directions

- Beat egg yolks in medium bowl with electric mixer on high speed, 5 minutes or until thick and light yellow. Gradually beat in sugar.
- Heat cream in medium saucepan over medium heat until just hot to the touch. A little at a time, so the eggs do not curdle, stir half of the cream into the egg yolk mixture. Then stir all the egg yolk and cream mixture into the remaining cream in the saucepan. Cook, stirring continuously, over low heat, 5 to 8 minutes, until mixture thickens; do not boil.
- Pour custard into 9 inch pie plate, cover and refrigerate 2 to 24 hours.
- Before serving, sprinkle with brown sugar and place under preheated oven broiler, or use a kitchen torch to melt sugar.
- Serve with berries.

## Nutrition Facts



## Properties

Glycemic Index:12.01, Glycemic Load:3.98, Inflammation Score:-6, Nutrition Score:8.1221739416537%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 314.64kcal (15.73%), Fat: 24.27g (37.34%), Saturated Fat: 14.56g (90.97%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 18.73g (6.81%), Sugar: 17.82g (19.8%), Cholesterol: 164.43mg (54.81%), Sodium: 23.6mg (1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Manganese: 0.41mg (20.68%), Vitamin A: 1024.23IU (20.48%), Vitamin C: 16.08mg (19.49%), Fiber: 3.9g (15.6%), Vitamin B2: 0.18mg (10.77%), Selenium: 7.08µg (10.12%), Vitamin D: 1.44µg (9.59%), Phosphorus: 87.38mg (8.74%), Vitamin E: 1.3mg (8.68%), Calcium: 73.53mg (7.35%), Folate: 28.21µg (7.05%), Vitamin K: 6.65µg (6.33%), Vitamin B5: 0.63mg (6.3%), Potassium: 169.22mg (4.83%), Magnesium: 18.64mg (4.66%), Vitamin B12: 0.27µg (4.51%), Vitamin B6: 0.09mg (4.45%), Iron: 0.79mg (4.37%), Zinc: 0.61mg (4.03%), Copper: 0.07mg (3.6%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.41mg (2.05%)