



Creme Caramel

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- 0.8 cup granulated sugar
- 0.1 teaspoon kosher salt
- 1 cup sugar for the caramel heightens the flavor (using turbinado sugar)
- 1 teaspoon vanilla extract
- 0.3 cup water
- 5 eggs whole
- 3 cups milk whole

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- pot
- ramekin
- roasting pan

Directions

- Watch how to make this recipe.
- Special equipment: 8 (6-ounce) ramekins
- Preheat the oven to 325 degrees F.
- Arrange the ramekins in a roasting pan or baking sheet.
- Using a stainless steel pan, combine the turbinado sugar with the water, swirl to blend and heat until it forms a clear syrup. When the sugar and the water have "melted" together completely, raise the heat and watch as the caramel darkens slightly, amber in color.
- Remove from the heat and immediately divide the caramel evenly between the 8 ramekins. Try to have all the caramel on the bottom of each ramekin and not so much on the sides. Set aside.
- In a bowl, whisk together the eggs, granulated sugar and salt. In a medium pot, over medium heat bring the milk to a gentle simmer.
- Add the vanilla and pour it slowly over the egg mixture, whisking to blend. Distribute the liquid evenly between the 8 ramekins. Put at least 1 1/2 inches of water in the bottom of the roasting pan or baking sheet so it makes a "water bath" for the custards as they cook.
- Put the roasting pan in the center of the oven and bake until they are firm in the center, 45 to 55 minutes. Allow to cool for 30 minutes and then refrigerate until serving.
- When the custards are completely cool, run a knife around the top edge of each ramekin and turn the ramekin upside down on the plate. When you lift it, the caramel at the bottom will pour over the custard and form a delicious pool on the plate, which makes for a fun

presentation.

Nutrition Facts



■ PROTEIN 9.62% ■ FAT 18.75% ■ CARBS 71.63%

Properties

Glycemic Index:13.51, Glycemic Load:14.71, Inflammation Score:-2, Nutrition Score:5.6195652446021%

Nutrients (% of daily need)

Calories: 267.6kcal (13.38%), Fat: 5.6g (8.62%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 48.16g (17.51%), Sugar: 48.08g (53.42%), Cholesterol: 113.28mg (37.76%), Sodium: 111.63mg (4.85%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.47g (12.93%), Vitamin B2: 0.26mg (15.06%), Selenium: 10.29µg (14.71%), Phosphorus: 147.15mg (14.71%), Calcium: 131.51mg (13.15%), Vitamin B12: 0.74µg (12.31%), Vitamin D: 1.56µg (10.38%), Vitamin B5: 0.76mg (7.63%), Vitamin A: 296.73IU (5.93%), Potassium: 183.57mg (5.24%), Vitamin B6: 0.1mg (5.13%), Zinc: 0.74mg (4.94%), Vitamin B1: 0.06mg (4.15%), Magnesium: 14.94mg (3.73%), Iron: 0.58mg (3.24%), Folate: 12.93µg (3.23%), Vitamin E: 0.33mg (2.23%), Copper: 0.03mg (1.31%), Manganese: 0.02mg (1.24%)