



Crème Caramel

 Vegetarian  Gluten Free

READY IN



270 min.

SERVINGS



8

CALORIES



175 kcal

DESSERT

Ingredients

- 1 cup sugar
- 1.8 cups skim milk fat-free (skim)
- 1 cup eggs fat-free
- 0.3 teaspoon salt
- 1 teaspoon vanilla
- 2 cups blackberries sliced

Equipment

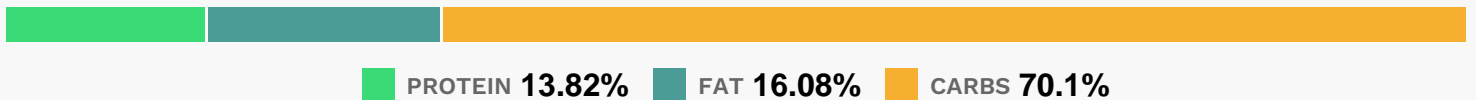
- bowl

- frying pan
- oven
- knife
- wire rack
- wooden spoon

Directions

- Heat oven to 325°F.
- Heat 1/2 cup of the sugar in medium nonstick skillet over medium heat 7 to 10 minutes, stirring frequently with wooden spoon, until sugar is melted and a light caramel color (mixture will be very hot and could melt a plastic spoon). Immediately pour sugar mixture into round pan, 8x1 1/2 inches; tilt pan to coat bottom.
- Place on wire rack to cool.
- Mix remaining 1/2 cup sugar, milk, egg product, salt and vanilla in large bowl.
- Pour mixture over sugar mixture in pan.
- Place in rectangular pan, 13x9x2 inches.
- Pour very hot water into rectangular pan to within 1/2 inch of top of round pan.
- Bake 50 to 60 minutes or until knife inserted in center comes out clean.
- Remove round pan from pan of water. Cover; refrigerate until thoroughly chilled, about 3 hours or overnight. To unmold, run knife around edge of custard to loosen; invert onto serving platter. Top with fruit.

Nutrition Facts



Properties

Glycemic Index:16.04, Glycemic Load:18.71, Inflammation Score:-4, Nutrition Score:7.1030434992002%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin:

0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 174.83kcal (8.74%), Fat: 3.19g (4.9%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 29.35g (10.67%), Sugar: 29.59g (32.88%), Cholesterol: 114.6mg (38.2%), Sodium: 138.43mg (6.02%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 6.17g (12.33%), Selenium: 10.69µg (15.27%), Vitamin B2: 0.22mg (13.15%), Phosphorus: 125.44mg (12.54%), Manganese: 0.25mg (12.25%), Calcium: 98.54mg (9.85%), Vitamin B12: 0.58µg (9.69%), Vitamin C: 7.56mg (9.16%), Vitamin D: 1.2µg (7.98%), Fiber: 1.91g (7.63%), Vitamin B5: 0.76mg (7.57%), Vitamin A: 350.4IU (7.01%), Vitamin K: 7.22µg (6.88%), Folate: 24.35µg (6.09%), Zinc: 0.83mg (5.51%), Potassium: 190.99mg (5.46%), Vitamin E: 0.74mg (4.93%), Vitamin B6: 0.09mg (4.68%), Magnesium: 17.34mg (4.33%), Iron: 0.77mg (4.27%), Copper: 0.08mg (4.23%), Vitamin B1: 0.05mg (3.29%), Vitamin B3: 0.32mg (1.6%)