



## Dark Chocolate-Cherry Creme Brulee

 Gluten Free

READY IN



215 min.

SERVINGS



6

CALORIES



331 kcal

DESSERT

### Ingredients

- 1 cup cacao bittersweet chocolate baking chips 60% ghirardelli®
- 0.5 cup cherries dried chopped
- 5 egg yolks lightly beaten
- 1.8 cups half-and-half
- 1 tablespoon kirsch liqueur
- 0.1 teaspoon salt
- 2 tablespoons sugar

### Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- ramekin
- baking pan
- blow torch
- broiler

## Directions

- Preheat oven to 325 degrees F. In a small heavy saucepan, cook and stir 1/2 cup of the half-and-half and Ghirardelli® 60% Cacao Bittersweet Chocolate Baking Chips over low heat just until chocolate is melted. Gradually whisk in the remaining 1 1/4 cups half-and-half. Bring to simmering.
- Remove from heat.
- Meanwhile, in a medium bowl, whisk together egg yolks, the 1/3 cup sugar, kirsch or vanilla, and salt just until combined. Slowly whisk hot chocolate mixture into egg mixture.
- Place six 5- to 6-ounce broiler-proof ramekins in a 3-quart rectangular baking dish. Divide cherries and the chocolate mixture evenly among ramekins.
- Place baking dish on oven rack.
- Pour enough boiling water into baking dish to reach halfway up sides of ramekins.
- Bake for 35 to 40 minutes or until mixture is set (centers will shake slightly). Carefully remove ramekins from water; cool on a wire rack for 30 minutes. Cover and chill for at least 2 hours or up to 24 hours.
- Let custards stand at room temperature for 20 minutes.
- Sprinkle tops of custards with the 2 tablespoons sugar. Using a culinary blow torch, heat until sugar is melted. (Or, if you don't have a torch, broil 3 to 4 inches from the heat for 4 to 5 minutes or just until sugar begins to melt; watch carefully so the sugar does not burn).
- Serve immediately. If desired, top with a dollop of whipped cream.

## Nutrition Facts

PROTEIN 8.74% FAT 59.17% CARBS 32.09%

## Properties

Glycemic Index:17.85, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:7.7543477649274%

## Flavonoids

Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 331.18kcal (16.56%), Fat: 21.55g (33.15%), Saturated Fat: 15.1g (94.37%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 24.91g (9.06%), Sugar: 18.69g (20.77%), Cholesterol: 187mg (62.33%), Sodium: 130.87mg (5.69%), Alcohol: 0.83g (100%), Alcohol %: 0.79% (100%), Protein: 7.16g (14.32%), Calcium: 187.34mg (18.73%), Selenium: 12.24µg (17.49%), Phosphorus: 165.87mg (16.59%), Vitamin B2: 0.27mg (16.13%), Zinc: 1.69mg (11.26%), Vitamin A: 476.52IU (9.53%), Potassium: 325.09mg (9.29%), Vitamin B5: 0.9mg (9%), Vitamin B12: 0.51µg (8.51%), Folate: 30.78µg (7.69%), Vitamin E: 1.04mg (6.95%), Vitamin B6: 0.13mg (6.62%), Fiber: 1.38g (5.53%), Vitamin D: 0.81µg (5.4%), Vitamin B1: 0.08mg (5.39%), Magnesium: 19.87mg (4.97%), Iron: 0.88mg (4.87%), Copper: 0.08mg (4.03%), Vitamin K: 3.57µg (3.4%), Manganese: 0.06mg (2.99%), Vitamin B3: 0.41mg (2.05%), Vitamin C: 1.59mg (1.93%)