



Dark Chocolate Crème Brûlée

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



533 kcal

SIDE DISH

Ingredients

- 8 large egg yolk
- 2 cups half and half
- 8 ounces bittersweet chocolate finely chopped
- 0.3 cup sugar
- 2 cups whipping cream

Equipment

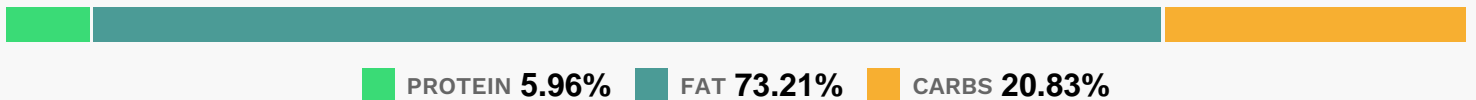
- bowl
- frying pan

- sauce pan
- oven
- whisk
- baking pan
- broiler

Directions

- Preheat oven to 300°F. Bring cream and half and half to boil in heavy large saucepan. Reduce heat to low.
- Add chocolate and whisk until melted and smooth.
- Remove from heat.
- Whisk yolks and 1/3 cup sugar in large bowl to blend. Gradually whisk in hot chocolate mixture. Strain.
- Divide custard among eight 3/4-cup custard cups.
- Place cups in large baking pan.
- Add enough hot water to pan to come halfway up sides of cups.
- Bake until custards are set, about 50 minutes.
- Remove from water; chill 2 hours. Cover and refrigerate overnight.
- Preheat broiler.
- Sprinkle each custard with 1 tablespoon sugar. Broil until sugar turns golden, watching closely to avoid burning, about 3 minutes. Refrigerate until custards are set, 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:5.82, Inflammation Score:-7, Nutrition Score:11.606956435286%

Nutrients (% of daily need)

Calories: 532.52kcal (26.63%), Fat: 43.83g (67.43%), Saturated Fat: 25.81g (161.3%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 25.79g (9.38%), Sugar: 23.06g (25.62%), Cholesterol: 273.71mg (91.24%), Sodium:

64.05mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.02g (16.04%), Vitamin A: 1348.13IU (26.96%), Phosphorus: 231.99mg (23.2%), Selenium: 15.67µg (22.39%), Vitamin B2: 0.33mg (19.67%), Manganese: 0.39mg (19.33%), Copper: 0.38mg (18.97%), Magnesium: 60.96mg (15.24%), Calcium: 143.6mg (14.36%), Iron: 2.35mg (13.05%), Vitamin D: 1.87µg (12.47%), Zinc: 1.52mg (10.15%), Vitamin B12: 0.59µg (9.88%), Vitamin B5: 0.92mg (9.2%), Fiber: 2.27g (9.07%), Potassium: 315.82mg (9.02%), Vitamin E: 1.3mg (8.7%), Folate: 29.01µg (7.25%), Vitamin B6: 0.12mg (6.01%), Vitamin K: 4.85µg (4.62%), Vitamin B1: 0.07mg (4.6%), Vitamin B3: 0.35mg (1.73%), Vitamin C: 0.9mg (1.09%)