



Dark Chocolate Creme Brulee

 Vegetarian  Gluten Free

READY IN



490 min.

SERVINGS



6

CALORIES



335 kcal

DESSERT

Ingredients

- 4 ounce bar nestle® toll house® chocolate baking bar dark
- 4 large egg yolks
- 6 teaspoons granulated sugar divided
- 1 cup half-and-half
- 0.5 teaspoon vanilla extract
- 1 cup whipping cream

Equipment

- bowl

- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- sieve
- blender
- plastic wrap
- ramekin
- baking pan
- broiler

Directions

- Preheat oven to 300 degrees F.
- Place cream, half-and-half and vanilla extract in large saucepan. Bring to a boil; remove from heat.
- Add chocolate; whisk until melted and smooth.
- Whisk egg yolks and 1/3 cup sugar in large mixer bowl. Gradually whisk in chocolate mixture.
- Pour mixture through fine sieve into six 4-ounce ramekins or custard cups.
- Place ramekins in 13 x 9-inch baking dish; fill pan with hot water to 1-inch depth.
- Bake for 40 minutes or until custards jiggle slightly when pan is shaken. Cool custards in water until cool enough to handle.
- Remove custards from water; refrigerate for 2 hours. Cover with plastic wrap; continue to refrigerate for several hours or overnight.
- Preheat broiler.
- Sprinkle 1 teaspoon sugar over tops of each custard.
- Place custards on baking sheet. Broil for 3 minutes or until sugar is melted and caramelized (rotate pan as needed to prevent burning). Alternately, tops can be caramelized using kitchen torch. Refrigerate for 2 hours so that the topping can harden and the custard can cool and set.

Nutrition Facts

PROTEIN 7.26% FAT 78.56% CARBS 14.18%

Properties

Glycemic Index:11.68, Glycemic Load:2.79, Inflammation Score:-7, Nutrition Score:11.539565247038%

Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 335.24kcal (16.76%), Fat: 31.86g (49.02%), Saturated Fat: 19.16g (119.72%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 9.8g (3.56%), Sugar: 7.09g (7.88%), Cholesterol: 181.34mg (60.45%), Sodium: 45.36mg (1.97%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Caffeine: 15.12mg (5.04%), Protein: 6.63g (13.26%), Manganese: 0.8mg (39.78%), Copper: 0.63mg (31.41%), Iron: 3.66mg (20.33%), Phosphorus: 181.14mg (18.11%), Vitamin A: 889.31IU (17.79%), Magnesium: 69.22mg (17.3%), Zinc: 2.33mg (15.56%), Selenium: 10.38µg (14.83%), Vitamin B2: 0.23mg (13.68%), Fiber: 3.14g (12.55%), Calcium: 103.12mg (10.31%), Vitamin D: 1.25µg (8.31%), Potassium: 260.72mg (7.45%), Folate: 24.64µg (6.16%), Vitamin B12: 0.36µg (6.02%), Vitamin B5: 0.59mg (5.88%), Vitamin E: 0.83mg (5.56%), Vitamin B1: 0.07mg (4.52%), Vitamin B6: 0.08mg (3.95%), Vitamin K: 3.71µg (3.53%), Vitamin B3: 0.33mg (1.65%)