



Dark Chocolate Crème Brûlée

 Gluten Free

READY IN



63 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 3.5 ounce bittersweet chocolate chopped
- ☐ 4 large egg yolk lightly beaten
- ☐ 2 cups chocolate milk 1% low-fat
- ☐ 0.1 teaspoon salt
- ☐ 6 teaspoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons non-dairy whipped topping frozen thawed reduced-calorie

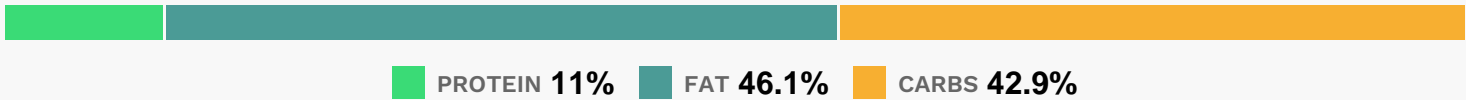
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 30
- ☐ Heat milk in a heavy saucepan over medium heat to 180 or until tiny bubbles form around edge (do not boil), stirring occasionally.
- ☐ Remove from heat; add chocolate, stirring occasionally, until chocolate melts. Stir in extracts.
- ☐ Combine egg yolk and salt in a small bowl; stir well with a whisk. Gradually add milk mixture to egg mixture, stirring constantly with a whisk. Divide mixture evenly among 6 (4-ounce) ramekins, custard cups, or shallow baking dishes.
- ☐ Place ramekins in a 13 x 9-inch baking pan, and add hot water to pan to a depth of 1 inch.
- ☐ Bake at 300 for 40 minutes or until center barely moves when ramekin is touched.
- ☐ Remove ramekins from pan, and cool completely on a wire rack. Cover ramekins, and chill at least 4 hours or overnight.
- ☐ Sift 1 teaspoon sugar evenly over each custard. Holding a kitchen torch about 2 inches from top of each custard, heat sugar, moving torch back and forth, until sugar is completely melted and caramelized. Top with 1 tablespoon whipped topping.
- ☐ Serve custards immediately.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:2.79, Inflammation Score:-3, Nutrition Score:7.6243478228217%

Nutrients (% of daily need)

Calories: 213.94kcal (10.7%), Fat: 10.87g (16.72%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 21.34g (7.76%), Sugar: 19.6g (21.78%), Cholesterol: 127.65mg (42.55%), Sodium: 113.08mg (4.92%), Alcohol: 0.34g (100%), Alcohol %: 0.36% (100%), Caffeine: 15.06mg (5.02%), Protein: 5.83g (11.67%), Phosphorus: 170.59mg (17.06%), Vitamin B2: 0.28mg (16.44%), Manganese: 0.29mg (14.61%), Calcium: 135.75mg (13.57%), Selenium: 9.45µg (13.5%), Copper: 0.24mg (12%), Magnesium: 40.94mg (10.24%), Vitamin D: 1.53µg (10.19%), Iron: 1.55mg (8.64%), Vitamin B12: 0.45µg (7.52%), Potassium: 255.57mg (7.3%), Zinc: 1.06mg (7.09%), Vitamin A: 338.36IU (6.77%), Vitamin B5: 0.64mg (6.4%), Fiber: 1.41g (5.63%), Folate: 19.18µg (4.8%), Vitamin B6: 0.09mg (4.28%), Vitamin B1: 0.05mg (3.47%), Vitamin E: 0.41mg (2.75%), Vitamin K: 1.5µg (1.43%), Vitamin B3: 0.25mg (1.27%)