



## Easy Crème Brûlée

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

### Ingredients

- 2 Tbsp brown sugar
- 1 cup half-and-half cold
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold

### Equipment

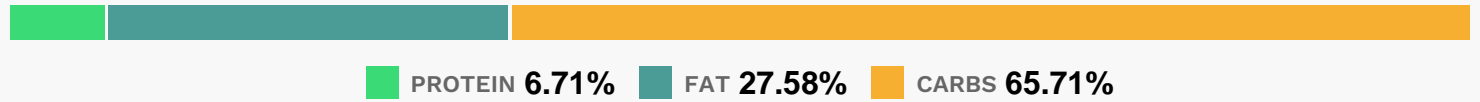
- bowl
- whisk
- baking pan

broiler

## Directions

- Beat pudding mixes, milk and half-and-half in medium bowl with whisk 2 min.
- Pour into 1-qt. shallow baking dish. Refrigerate 15 min.
- Heat broiler.
- Sprinkle pudding mixture with sugar. Broil, 3 inches from heat, 3 to 5 min. or until sugar is melted and caramelized.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:3.0069565274145%

## Nutrients (% of daily need)

Calories: 178.96kcal (8.95%), Fat: 5.53g (8.5%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 29.48g (10.72%), Sugar: 26.21g (29.12%), Cholesterol: 17.91mg (5.97%), Sodium: 195.49mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Calcium: 111.09mg (11.11%), Phosphorus: 90.95mg (9.09%), Vitamin B2: 0.15mg (8.59%), Vitamin B12: 0.39µg (6.45%), Vitamin D: 0.67µg (4.47%), Vitamin A: 205.9IU (4.12%), Potassium: 140.24mg (4.01%), Selenium: 2.38µg (3.4%), Vitamin B5: 0.32mg (3.19%), Vitamin B1: 0.04mg (2.88%), Vitamin B6: 0.05mg (2.68%), Magnesium: 10.61mg (2.65%), Zinc: 0.37mg (2.49%)