



Eggnog Creme Brulee

 Gluten Free

READY IN



270 min.

SERVINGS



4

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 4 egg yolks
- ☐ 2 cups eggnog
- ☐ 1 dash ground cinnamon
- ☐ 1 dash ground nutmeg
- ☐ 3 ounces mascarpone cheese softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

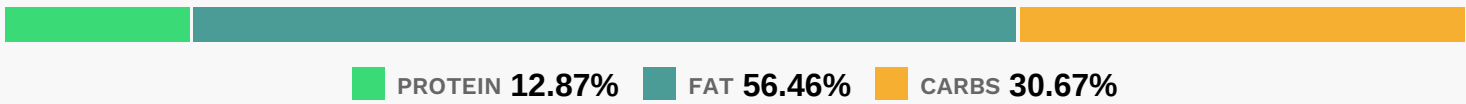
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place 4 ramekins or custard cups into a shallow baking dish, and fill the dish with water to half-way up the sides of the ramekins.
- ☐ Pour the eggnog into a pan over medium heat. Cook and stir occasionally until the mixture simmers, about 10 minutes.
- ☐ Meanwhile, place the egg yolks and sugar into a mixing bowl; beat until light colored and frothy. Stir in the mascarpone until well blended and smooth.
- ☐ Whisk 1/4 cup of the heated eggnog mixture into the eggs. Gradually whisk the remaining eggnog into the eggs.
- ☐ Pour the mixture through a fine sieve to remove any egg strands. If desired, stir in the nutmeg, cinnamon, and vanilla.
- ☐ Pour into the prepared ramekins, dividing evenly.
- ☐ Bake in preheated oven until custard has set, 30 to 45 minutes. Centers should wiggle slightly when shaken, but not be soupy.
- ☐ Remove from oven and cool 30 minutes; refrigerate at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:50.02, Glycemic Load:14.4, Inflammation Score:-4, Nutrition Score:8.7569564140361%

Nutrients (% of daily need)

Calories: 318.33kcal (15.92%), Fat: 19.79g (30.45%), Saturated Fat: 11.03g (68.92%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 24.01g (8.73%), Sugar: 23g (25.56%), Cholesterol: 290.59mg (96.86%), Sodium: 89.19mg (3.88%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 10.15g (20.31%), Selenium: 15.5µg (22.14%), Calcium: 221.29mg (22.13%), Phosphorus: 209.38mg (20.94%), Vitamin B2: 0.34mg (19.99%), Vitamin D: 2.5µg (16.64%), Vitamin A: 819.84IU (16.4%), Vitamin B12: 0.92µg (15.38%), Vitamin B5: 1.07mg (10.69%), Folate: 27.75µg (6.94%), Zinc: 1.01mg (6.74%), Potassium: 232.85mg (6.65%), Magnesium: 25.76mg (6.44%), Vitamin B6: 0.13mg (6.38%), Vitamin B1: 0.08mg (5.06%), Vitamin E: 0.74mg (4.91%), Iron: 0.78mg (4.34%), Manganese: 0.07mg (3.5%), Vitamin C: 1.92mg (2.33%), Copper: 0.04mg (1.77%)