



Eggnog Crème Brûlée



Vegetarian



Gluten Free

READY IN



265 min.

SERVINGS



8

CALORIES



471 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups whipping cream
- ☐ 5 egg yolk
- ☐ 2 eggs
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons rum dark
- ☐ 1 tablespoon brandy
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon nutmeg

☐ 0.5 cup brown sugar packed

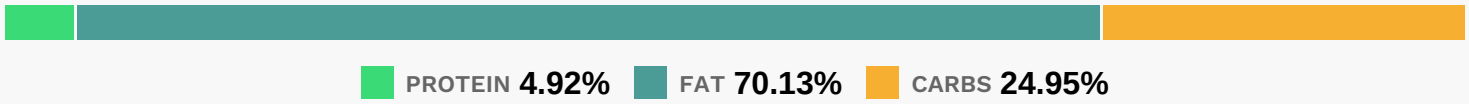
Equipment

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

Directions

- ☐ Heat oven to 325°F.
- ☐ Place eight 6-oz. ramekins or custard cups in 15x10x1-inch baking pan.
- ☐ Heat whipping cream in medium saucepan just to a simmer.
- ☐ Remove from heat.
- ☐ In medium bowl, combine egg yolks and eggs; beat well. Stir in sugar until combined. With wire whisk, stir in hot whipping cream until well blended. Stir in rum, brandy, vanilla and nutmeg.
- ☐ Pour mixture into ramekins.
- ☐ Place pan in oven; pour hot water into pan until 1/2 to 3/4-inch up sides of ramekins.
- ☐ Bake at 325°F. for 30 to 35 minutes or until centers are just set. Carefully remove from oven.
- ☐ Place cups on wire rack to cool. Cool 30 minutes. Refrigerate at least 3 hours or overnight.
- ☐ Before serving, place ramekins in 15x10x1-inch baking pan. Top each with 1 tablespoon brown sugar. Broil 4 to 6 inches from heat for 1 to 2 minutes or until sugar is melted. (Watch closely.) Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.26, Glycemic Load:8.75, Inflammation Score:-6, Nutrition Score:6.9517391884457%

Nutrients (% of daily need)

Calories: 470.87kcal (23.54%), Fat: 36.33g (55.9%), Saturated Fat: 21.98g (137.37%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 29.06g (10.57%), Sugar: 28.62g (31.8%), Cholesterol: 263.27mg (87.76%), Sodium: 49.21mg (2.14%), Alcohol: 2.05g (100%), Alcohol %: 1.8% (100%), Protein: 5.73g (11.47%), Vitamin A: 1533.73IU (30.67%), Selenium: 12.6µg (17.99%), Vitamin B2: 0.28mg (16.51%), Vitamin D: 2.26µg (15.04%), Phosphorus: 118.49mg (11.85%), Calcium: 91.4mg (9.14%), Vitamin E: 1.23mg (8.18%), Vitamin B12: 0.46µg (7.67%), Vitamin B5: 0.75mg (7.51%), Folate: 25.4µg (6.35%), Vitamin B6: 0.1mg (4.77%), Zinc: 0.63mg (4.17%), Iron: 0.7mg (3.89%), Potassium: 132.06mg (3.77%), Vitamin B1: 0.04mg (2.86%), Vitamin K: 2.97µg (2.83%), Magnesium: 9.66mg (2.41%), Copper: 0.04mg (1.83%), Manganese: 0.03mg (1.26%)