



Egnog Crème Brûlée

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



581 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon brandy
- 0.3 cup rum dark
- 8 large egg yolks
- 0.3 cup brown sugar packed ()
- 0.5 teaspoon ground nutmeg
- 1 pinch of salt
- 0.7 cup sugar
- 4 cups whipping cream

Equipment

- bowl
- sauce pan
- oven
- whisk
- sieve
- baking pan
- roasting pan
- broiler

Directions

- Preheat oven to 350°F.
- Place 11x8-inch (8-cup capacity) shallow ceramic baking dish in roasting pan.
- Mix cream and 2/3 cup sugar in medium saucepan. Bring to simmer, stirring until sugar dissolves.
- Whisk yolks in medium bowl. Gradually whisk in hot cream mixture, then rum, brandy, nutmeg, and salt.
- Transfer to baking dish.
- Pour enough hot water into roasting pan to come halfway up sides of dish. Carefully transfer pan to oven.
- Bake until custard is set around edges but center still jiggles slightly when dish is gently shaken, about 40 minutes.
- Remove ceramic dish from water. Chill custard on rack until cold, at least 3 hours. (Can be made 1 day ahead. Cover and keep chilled.)
- Preheat broiler. Press brown sugar through strainer over custard to cover completely and evenly. Watching closely, broil custard 4 to 6 inches from heat source until sugar bubbles and caramelizes, about 2 minutes. Chill custard until topping hardens, at least 1 hour and up to 3 hours.
- Serve cold.

Nutrition Facts

PROTEIN 4.27% FAT 74.96% CARBS 20.77%

Properties

Glycemic Index:21.26, Glycemic Load:11.66, Inflammation Score:-7, Nutrition Score:8.146086913412%

Nutrients (% of daily need)

Calories: 580.65kcal (29.03%), Fat: 47.56g (73.17%), Saturated Fat: 29.03g (181.41%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 29.62g (10.77%), Sugar: 29.13g (32.37%), Cholesterol: 318.07mg (106.02%), Sodium: 47.98mg (2.09%), Alcohol: 3.13g (100%), Alcohol %: 2.32% (100%), Protein: 6.1g (12.2%), Vitamin A: 1994.57IU (39.89%), Selenium: 13.3µg (19%), Vitamin D: 2.82µg (18.81%), Vitamin B2: 0.32mg (18.65%), Phosphorus: 136.33mg (13.63%), Calcium: 108.48mg (10.85%), Vitamin E: 1.53mg (10.22%), Vitamin B12: 0.52µg (8.7%), Vitamin B5: 0.82mg (8.24%), Folate: 29.77µg (7.44%), Vitamin B6: 0.11mg (5.26%), Zinc: 0.69mg (4.58%), Potassium: 144.73mg (4.14%), Vitamin K: 3.93µg (3.74%), Iron: 0.66mg (3.69%), Vitamin B1: 0.05mg (3.65%), Magnesium: 10.23mg (2.56%), Copper: 0.03mg (1.75%), Manganese: 0.02mg (1.12%)