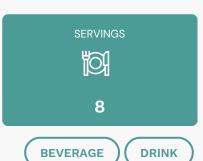


Eggnog Crème Brûlée







Ingredients

1 tablespoon brandy
0.3 cup rum dark
8 large egg yolk
0.3 cup brown sugar packed ()
0.5 teaspoon nutmeg
1 pinch salt
0.7 cup sugar

4 cups whipping cream

Εq	uipment
	bowl
	sauce pan
	oven
	whisk
	sieve
	baking pan
	roasting pan
	broiler
Di	rections
	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

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%)