



Fig, Apricot, and Raspberry Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 10 ounces apricots ripe
- ☐ 6 servings crème fraîche
- ☐ 1.5 pounds figs
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.8 cup orange juice fresh
- ☐ 0.5 teaspoon orange zest fresh finely grated
- ☐ 1.3 cups raspberries ()
- ☐ 6 tablespoons brown sugar light raw such as sugar in the , or packed brown sugar

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0.3 teaspoon vanilla

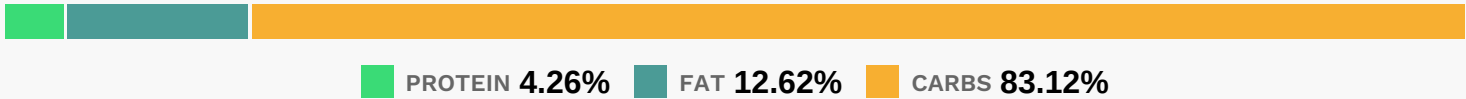
Equipment

- ☐ bowl
- ☐ blow torch
- ☐ broiler

Directions

- ☐ In a small bowl stir together zest, citrus juices, vanilla, and mint sugar.
- ☐ Butter six 1-cup shallow flameproof gratin dishes or bowls. Quarter figs. Halve and pit apricots. Divide figs, apricots, raspberries, and juice mixture among dishes or bowls.
- ☐ Just before serving, sprinkle sugar evenly over fruit and caramelize with blowtorch, moving flame evenly back and forth just over sugar (alternatively, broil fruit under a preheated broiler set 2 to 3 inches from heat) until most of sugar is melted and deep golden in places.
- ☐ Immediately serve brûlées with crème fraîche.

Nutrition Facts



Properties

Glycemic Index:30.11, Glycemic Load:15.06, Inflammation Score:-8, Nutrition Score:9.2586955933467%

Flavonoids

Cyanidin: 12.01mg, Cyanidin: 12.01mg, Cyanidin: 12.01mg, Cyanidin: 12.01mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 203.64kcal (10.18%), Fat: 3.08g (4.74%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 45.64g (15.21%), Net Carbohydrates: 39.7g (14.43%), Sugar: 38.64g (42.93%), Cholesterol: 7.08mg (2.36%), Sodium: 9.27mg (0.4%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 2.34g (4.68%), Vitamin C: 29.54mg (35.8%), Vitamin A: 1216.78IU (24.34%), Fiber: 5.94g (23.76%), Manganese: 0.36mg (18.14%), Potassium: 517.2mg (14.78%), Vitamin B6: 0.19mg (9.51%), Magnesium: 35.27mg (8.82%), Vitamin K: 9.05µg (8.62%), Vitamin B1: 0.12mg (8.06%), Copper: 0.16mg (8.03%), Calcium: 77.88mg (7.79%), Vitamin B2: 0.11mg (6.76%), Folate: 26.58µg (6.64%), Vitamin B5: 0.65mg (6.52%), Vitamin E: 0.82mg (5.48%), Vitamin B3: 1.04mg (5.19%), Iron: 0.93mg (5.19%), Phosphorus: 48.94mg (4.89%), Zinc: 0.43mg (2.86%), Selenium: 0.95µg (1.35%)