



## Ghirardelli® Classic White Chocolate Creme Brulee

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



629 kcal

DESSERT

### Ingredients

- 4 ounces into 1-inch pieces white chopped
- 4 large egg yolks at room temperature
- 4 teaspoons granulated sugar white
- 2 cups heavy cream
- 0.5 teaspoon vanilla extract pure

### Equipment

- bowl

- sauce pan
- oven
- whisk
- ramekin
- baking pan
- broiler

## Directions

- Preheat the oven to 300 degrees F.
- In a medium bowl, whisk egg yolks with 1/3 cup sugar until smooth.
- In a medium saucepan, bring the cream to a simmer over medium-high heat.
- Add the white chocolate. Turn off the heat and whisk until the white chocolate is melted.
- Add 2 tablespoons of the white chocolate mixture to the egg yolk mixture, whisking continually to prevent the eggs from scrambling.
- Add the remaining white chocolate mixture to the egg yolk mixture.
- Whisk until smooth.
- Add the vanilla.
- Pour into four 6-inch ramekins or custard cups.
- Place the cups in a 9 by 13-inch baking pan.
- Add enough hot water so the cups sit in 1 to 1 1/2 inches of water.
- Bake for about 45 minutes, until set. Allow to cool, then refrigerate the custards until chilled. Before serving, sprinkle the tops of each ramekin with 1 teaspoon of sugar and place under the broiler until caramelized, 3 to 4 minutes. Rechill in refrigerator for 5 minutes before serving.

## Nutrition Facts

    
 PROTEIN 4.85%  FAT 79.63%  CARBS 15.52%

## Properties

Glycemic Index:35.02, Glycemic Load:14.5, Inflammation Score:-7, Nutrition Score:9.533478277533%

## Nutrients (% of daily need)

Calories: 628.98kcal (31.45%), Fat: 56.58g (87.04%), Saturated Fat: 34.49g (215.58%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 24.76g (9%), Sugar: 24.35g (27.06%), Cholesterol: 324.02mg (108.01%), Sodium: 65.89mg (2.86%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 7.75g (15.49%), Vitamin A: 2002.94IU (40.06%), Vitamin B2: 0.39mg (23.22%), Selenium: 14.39µg (20.56%), Vitamin D: 2.82µg (18.81%), Phosphorus: 185.25mg (18.52%), Calcium: 156.98mg (15.7%), Vitamin E: 1.81mg (12.04%), Vitamin B12: 0.68µg (11.34%), Vitamin B5: 0.98mg (9.84%), Folate: 31.56µg (7.89%), Vitamin K: 6.51µg (6.2%), Potassium: 213.48mg (6.1%), Zinc: 0.89mg (5.92%), Vitamin B6: 0.12mg (5.86%), Vitamin B1: 0.07mg (4.78%), Iron: 0.65mg (3.63%), Magnesium: 12.64mg (3.16%), Copper: 0.04mg (2.19%), Vitamin B3: 0.29mg (1.47%), Vitamin C: 0.86mg (1.04%)