



Hazelnut Crème Brûlées

 Vegetarian  Gluten Free

READY IN



79 min.

SERVINGS



5

CALORIES



226 kcal

SIDE DISH

Ingredients

- 4 large egg yolks
- 1.5 cups milk 2% reduced-fat
- 0.5 cup hazelnut liquid nondairy coffee creamer fat-free (such as Coffee-mate)
- 2 tablespoons hazelnut liquid nondairy coffee creamer fat-free (hazelnut-flavored liqueur)
- 0.8 cup nonfat milk dry
- 0.1 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon vanilla extract

1 tablespoon water

Equipment

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

Directions

- Preheat oven to 300
- Combine first 5 ingredients in a bowl; stir well with a whisk.
- Place egg yolks in a medium bowl; stir with a whisk until smooth. Gradually whisk milk mixture into egg yolks. Stir in liqueur. Divide mixture evenly among 5 (4-ounce) ramekins or custard cups.
- Place ramekins in a 13 x 9- inch baking pan; add hot water to pan to a depth of 1 inch.
- Bake at 300 for 1 hour or until center barely moves when ramekin is touched.
- Remove ramekins from pan, and cool completely on a wire rack. Cover ramekins, and chill at least 4 hours or overnight.
- Place sugar and water in a small, heavy saucepan over medium-high heat; cook 9 to 10 minutes or until golden. Immediately pour caramelized sugar evenly over cold custards to form a paper thin layer on tops of custards.
- Serve immediately.

Nutrition Facts



PROTEIN 20.06% FAT 32.56% CARBS 47.38%

Properties

Glycemic Index:14.02, Glycemic Load:6.98, Inflammation Score:-5, Nutrition Score:10.778695674046%

Nutrients (% of daily need)

Calories: 225.84kcal (11.29%), Fat: 8.16g (12.55%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 26.72g (9.72%), Sugar: 26.51g (29.46%), Cholesterol: 156.14mg (52.05%), Sodium: 214.61mg (9.33%), Alcohol: 0.28g (100%), Alcohol %: 0.24% (100%), Protein: 11.31g (22.63%), Calcium: 332.31mg (33.23%), Phosphorus: 311.61mg (31.16%), Vitamin B2: 0.48mg (28.5%), Vitamin B12: 1.37µg (22.76%), Selenium: 14.69µg (20.98%), Vitamin D: 2.71µg (18.1%), Potassium: 494.68mg (14.13%), Vitamin A: 665.04IU (13.3%), Vitamin B5: 1.3mg (13.01%), Zinc: 1.4mg (9.3%), Vitamin B1: 0.13mg (8.42%), Folate: 32.4µg (8.1%), Magnesium: 28.4mg (7.1%), Vitamin B6: 0.14mg (6.98%), Vitamin E: 0.61mg (4.1%), Iron: 0.46mg (2.55%), Vitamin C: 1.37mg (1.66%), Vitamin B3: 0.24mg (1.21%), Copper: 0.02mg (1.2%), Manganese: 0.02mg (1.17%)