



Honey Crème Brûlée with Raspberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 large egg yolks
- ☐ 2 tablespoons honey
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.8 cup nonfat milk dry
- ☐ 24 raspberries fresh
- ☐ 1 Dash salt
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ blow torch

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 4 ingredients in a large saucepan.
- ☐ Heat mixture over medium heat to 180 or until tiny bubbles form around the edge (do not boil), stirring occasionally.
- ☐ Remove from heat.
- ☐ Combine egg yolks and salt in a medium bowl; stir well with a whisk. Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Divide the milk mixture evenly among 4 shallow (6-ounce) custard dishes.
- ☐ Place dishes 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 dish is touched.
- ☐ Remove dishes from pan; cool completely on a wire rack. Cover and chill at least 4 hours or overnight.
- ☐ Sift 3 tablespoons sugar evenly over custards. Holding a kitchen blow torch about 2 inches from top of each custard, heat sugar, moving torch back and forth, until sugar is completely melted and caramelized (about 1 minute). Top evenly with raspberries.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.61, Glycemic Load:15.15, Inflammation Score:-6, Nutrition Score:15.606956523398%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 304.79kcal (15.24%), Fat: 8.27g (12.72%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 42.35g (15.4%), Sugar: 41.91g (46.57%), Cholesterol: 243.44mg (81.15%), Sodium: 196.41mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.19%), Calcium: 456.3mg (45.63%), Phosphorus: 413.14mg (41.31%), Vitamin B2: 0.69mg (40.63%), Vitamin B12: 1.95µg (32.44%), Selenium: 21.19µg (30.27%), Vitamin D: 3.62µg (24.15%), Vitamin B5: 1.9mg (19.05%), Vitamin A: 921.02IU (18.42%), Potassium: 614.99mg (17.57%), Zinc: 2.05mg (13.65%), Folate: 50.9µg (12.73%), Vitamin B1: 0.18mg (12.04%), Vitamin B6: 0.21mg (10.48%), Magnesium: 41.64mg (10.41%), Manganese: 0.12mg (6.11%), Vitamin C: 4.96mg (6.02%), Vitamin E: 0.69mg (4.59%), Iron: 0.81mg (4.5%), Fiber: 0.8g (3.2%), Copper: 0.05mg (2.42%), Vitamin B3: 0.41mg (2.06%), Vitamin K: 1.34µg (1.28%)