



Lavender Crème Brûlée

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



658 kcal

SIDE DISH

Ingredients

- 4 large egg yolks
- 2 tablespoons lavender flowers dried
- 1 cup sugar
- 1 piece vanilla pod split (3 in. long)
- 2 cups whipping cream (1 pt.)

Equipment

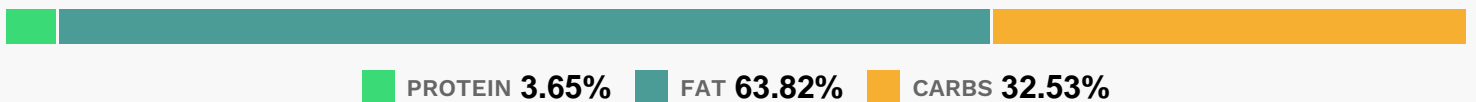
- bowl
- frying pan

- oven
- sieve
- ramekin
- spatula

Directions

- In a 2- to 3-quart pan over medium-high heat, bring cream, lavender, and vanilla to a boil, stirring often.
- Remove from heat; let stand 10 minutes.
- In a bowl, beat yolks and 1/4 cup sugar to blend.
- Pour cream mixture through a fine strainer into bowl with yolks. Scrape seeds from vanilla bean into the cream mixture; stir. Rinse bean and let dry for other uses. Discard lavender.
- Pour cream custard mixture equally into 4 ovenproof ceramic dishes or ramekins (each about 1 in. deep and 5 1/2 in. wide). Set dishes in a 2-inch-deep 11- by 17-inch pan.
- Set pan on rack of a 300 oven. Carefully pour boiling water into pan up to level of custard.
- Bake until custards jiggle only slightly when shaken gently, 15 to 18 minutes. With a wide spatula, carefully lift dishes from water onto a rack.
- Let desserts cool, then cover and chill until cold to touch, about 1 hour or up to 1 day.
- In a 6- to 8-inch frying pan over medium heat, shake 2/3 cup sugar until melted and pale amber colored, 8 to 10 minutes. Working quickly, drizzle about a quarter of the hot sugar syrup over 1 custard at a time. Immediately tilt dish so syrup flows evenly over custard. Syrup hardens almost at once. Repeat to glaze remaining custards.
- Serve, or let desserts chill up to 1 hour so the glaze dissolves a little and gets thinner.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:34.91, Inflammation Score:-7, Nutrition Score:8.2030433895795%

Nutrients (% of daily need)

Calories: 658.45kcal (32.92%), Fat: 47.89g (73.67%), Saturated Fat: 28.99g (181.21%), Carbohydrates: 54.93g (18.31%), Net Carbohydrates: 54.93g (19.97%), Sugar: 53.47g (59.41%), Cholesterol: 318.07mg (106.02%), Sodium: 40.79mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Vitamin A: 2016.94IU (40.34%), Selenium: 13.39µg (19.13%), Vitamin B2: 0.32mg (19%), Vitamin D: 2.82µg (18.81%), Phosphorus: 135.32mg (13.53%), Calcium: 117.47mg (11.75%), Vitamin E: 1.53mg (10.22%), Vitamin B12: 0.52µg (8.7%), Vitamin B5: 0.81mg (8.12%), Folate: 29.58µg (7.39%), Vitamin B6: 0.1mg (5.06%), Zinc: 0.68mg (4.54%), Iron: 0.76mg (4.2%), Potassium: 132.58mg (3.79%), Vitamin K: 3.93µg (3.74%), Vitamin B1: 0.05mg (3.58%), Magnesium: 9.18mg (2.3%), Vitamin C: 1.61mg (1.96%), Copper: 0.03mg (1.48%)