



Lemon Crème Brûlée



Vegetarian



Gluten Free

READY IN



360 min.

SERVINGS



4

CALORIES



598 kcal

SIDE DISH

Ingredients

- ☐ 6 egg yolk
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 cup raspberries fresh
- ☐ 0.3 cup sugar
- ☐ 8 teaspoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 4 servings water boiling
- ☐ 2 cups whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ ramekin
- ☐ broiler
- ☐ pot holder

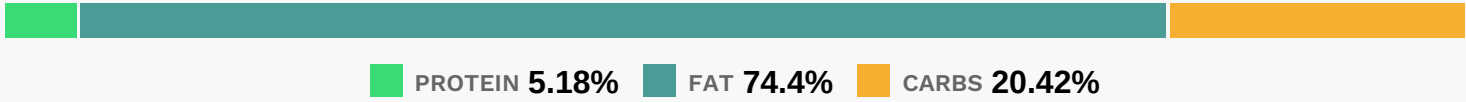
Directions

- ☐ Heat oven to 350F. In small bowl, slightly beat egg yolks with wire whisk. In large bowl, stir whipping cream, 1/3 cup sugar, the vanilla and lemon peel until well mixed.
- ☐ Add egg yolks to cream mixture; beat with wire whisk until evenly colored and well blended.
- ☐ In 13x9-inch pan, place four 6-ounce ceramic ramekins.*
- ☐ Pour cream mixture evenly into ramekins.
- ☐ Carefully place pan with ramekins in oven.
- ☐ Pour enough boiling water into pan, being careful not to splash water into ramekins, until water covers two-thirds of the height of the ramekins.
- ☐ Bake 30 to 40 minutes or until top is light golden brown and sides are set (centers will be jiggly).
- ☐ Carefully transfer ramekins to wire rack, grasping tops of ramekins with pot holder. Cool no longer than 1 hour or until room temperature. Cover tightly with plastic wrap; refrigerate until chilled, at least 4 hours but no longer than 2 days.
- ☐ Uncover ramekins; gently blot any condensation on custards with paper towel.
- ☐ Sprinkle 2 teaspoons sugar over each custard. Holding kitchen torch 3 to 4 inches from custard, caramelize sugar on each custard by heating with torch about 2 minutes, moving

flame continuously over sugar in circular motion, until sugar is melted and light golden brown.
(To caramelize sugar in the broiler, see Kitchen Tip).

- ☐
- Place 2 tablespoons raspberries over each custard.
- ☐
- Serve immediately, or refrigerate up to 8 hours before serving.

Nutrition Facts



Properties

Glycemic Index:41.55, Glycemic Load:17.43, Inflammation Score:-8, Nutrition Score:11.113043378229%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 597.89kcal (29.89%), Fat: 50.3g (77.38%), Saturated Fat: 29.95g (187.2%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 29.93g (10.89%), Sugar: 29.1g (32.33%), Cholesterol: 426.07mg (142.02%), Sodium: 57.5mg (2.5%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 7.88g (15.75%), Vitamin A: 2144.34IU (42.89%), Selenium: 18.88µg (26.97%), Vitamin D: 3.36µg (22.41%), Vitamin B2: 0.38mg (22.28%), Phosphorus: 178.91mg (17.89%), Vitamin E: 1.93mg (12.84%), Calcium: 126.58mg (12.66%), Vitamin B12: 0.72µg (11.95%), Folate: 47.53µg (11.88%), Vitamin B5: 1.17mg (11.65%), Vitamin C: 6.58mg (7.97%), Vitamin B6: 0.15mg (7.36%), Zinc: 1mg (6.67%), Manganese: 0.12mg (5.99%), Iron: 0.99mg (5.47%), Vitamin B1: 0.08mg (5.14%), Vitamin K: 5.17µg (4.92%), Potassium: 169.5mg (4.84%), Fiber: 1.13g (4.54%), Copper: 0.09mg (4.45%), Magnesium: 15.69mg (3.92%)