



Lemon Crème Brûlée with Fresh Berries



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



489 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup crème de cassis (black-raspberry liqueur) (black-currant liqueur)
- ☐ 6 large egg yolks
- ☐ 8 teaspoons brown sugar
- ☐ 5 teaspoons lemon zest grated
- ☐ 1 pint raspberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla extract

- ☐ 3 cups whipping cream

Equipment

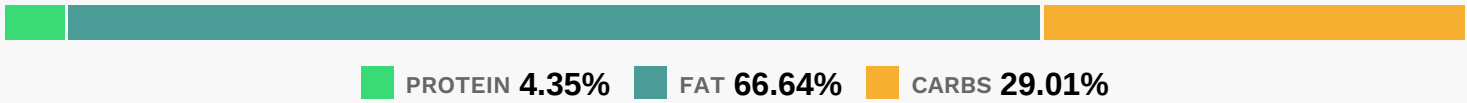
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 325°F. Arrange eight 3/4-cup custard cups or ramekins in 13x9x2-inch metal baking pan.
- ☐ Combine cream and lemon peel in heavy small saucepan and bring to simmer.
- ☐ Whisk sugar and yolks in large bowl until thick, about 3 minutes. Gradually whisk in hot cream mixture, then vanilla and salt.
- ☐ Let stand 10 minutes. Strain custard, then divide among cups.
- ☐ Pour enough hot water into baking pan to come halfway up sides of cups.
- ☐ Bake custards until just set in center, about 55 minutes.
- ☐ Remove custards from water bath; chill uncovered until firm, at least 3 hours. (Can be made 1 day ahead. Cover and keep refrigerated.)
- ☐ Preheat broiler.
- ☐ Place custard cups on baking sheet. Strain brown sugar through small sieve onto custards, dividing equally. Broil until sugar melts and browns, about 2 minutes. Chill until topping is hard and crisp, at least 1 hour and up to 2 hours.
- ☐ Combine raspberries and liqueur in bowl.

Let stand at room temperature at least 15 minutes and up to 1 hour. Spoon berry mixture atop custards.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:13.92, Inflammation Score:-7, Nutrition Score:10.102173805237%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 488.83kcal (24.44%), Fat: 36.07g (55.49%), Saturated Fat: 21.76g (136.03%), Carbohydrates: 35.33g (11.78%), Net Carbohydrates: 31.35g (11.4%), Sugar: 30.44g (33.82%), Cholesterol: 238.55mg (79.52%), Sodium: 105.54mg (4.59%), Alcohol: 2.26g (100%), Alcohol %: 1.48% (100%), Protein: 5.3g (10.61%), Vitamin A: 1515.97IU (30.32%), Vitamin C: 17.64mg (21.39%), Manganese: 0.41mg (20.56%), Fiber: 3.98g (15.91%), Vitamin B2: 0.26mg (15.53%), Selenium: 10.13µg (14.47%), Vitamin D: 2.12µg (14.11%), Phosphorus: 119.46mg (11.95%), Vitamin E: 1.67mg (11.12%), Calcium: 95.55mg (9.56%), Folate: 34.81µg (8.7%), Vitamin B5: 0.81mg (8.13%), Vitamin K: 7.56µg (7.2%), Vitamin B12: 0.39µg (6.52%), Potassium: 199.4mg (5.7%), Vitamin B6: 0.11mg (5.62%), Magnesium: 20.79mg (5.2%), Zinc: 0.77mg (5.1%), Iron: 0.9mg (5%), Copper: 0.08mg (4.05%), Vitamin B1: 0.06mg (4.02%), Vitamin B3: 0.44mg (2.19%)