



Lemon Verbena Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



536 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup brown sugar light packed
- ☐ 8 large egg yolk
- ☐ 3.3 cups cup heavy whipping cream
- ☐ 0.3 cup optional: lemon fresh
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ roasting pan
- ☐ measuring cup

Directions

- ☐ Place 8 individual (1/2-cup) flan dishes or ramekins in 2-inch-deep baking dish or roasting pan; set aside.
- ☐ Combine cream and next 4 ingredients in a heavy saucepan. Stir over medium heat 5 minutes or until sugar dissolves and mixture comes to a simmer. Cover pan, reduce heat to low, and simmer gently 10 minutes to infuse flavors.
- ☐ Whisk yolks in a large bowl until smooth. Strain cream mixture into a large measuring cup. Gradually whisk hot cream mixture into yolks.
- ☐ Pour mixture equally into prepared baking dishes.
- ☐ Pour enough hot water into roasting pan to reach halfway up sides of ramekins. Carefully place pan in oven.
- ☐ Bake at 325 for 30 to 35 minutes or until custard is almost set in center when pan is gently shaken.
- ☐ Remove flan dishes from hot water, and cool 30 minutes. Refrigerate at least 3 hours.
- ☐ Sprinkle 1 1/2 tablespoons light brown sugar evenly over surface of each custard.
- ☐ Place ramekins on a baking sheet, and broil 5 1/2 inches from heat 3 minutes or until sugar melts. Cool on wire racks to allow sugar to harden.
- ☐ Serve immediately or refrigerate.

Nutrition Facts



 **PROTEIN 4.04%**  **FAT 64.69%**  **CARBS 31.27%**

Properties

Glycemic Index:11.95, Glycemic Load:13.2, Inflammation Score:-7, Nutrition Score:7.6956522244474%

Flavonoids

Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 536.14kcal (26.81%), Fat: 39.49g (60.75%), Saturated Fat: 23.86g (149.15%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 42.72g (15.53%), Sugar: 41.82g (46.46%), Cholesterol: 292.86mg (97.62%), Sodium: 45.23mg (1.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin A: 1668.09IU (33.36%), Selenium: 12.81µg (18.3%), Vitamin D: 2.46µg (16.43%), Vitamin B2: 0.28mg (16.28%), Phosphorus: 124.31mg (12.43%), Calcium: 105.28mg (10.53%), Vitamin E: 1.34mg (8.93%), Vitamin B12: 0.49µg (8.1%), Vitamin B5: 0.8mg (7.96%), Folate: 29.67µg (7.42%), Vitamin C: 4.58mg (5.55%), Vitamin B6: 0.11mg (5.39%), Zinc: 0.64mg (4.24%), Potassium: 147.93mg (4.23%), Iron: 0.76mg (4.22%), Vitamin B1: 0.05mg (3.48%), Vitamin K: 3.21µg (3.06%), Magnesium: 10.06mg (2.52%), Copper: 0.04mg (1.88%), Manganese: 0.03mg (1.31%)