



Maple-Gingerbread Pots de Crème



Vegetarian



Gluten Free



Low Fod Map

READY IN



260 min.

SERVINGS



8

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 Dash ground cloves
- ☐ 2 tablespoons t brown sugar dark
- ☐ 8 large egg yolk
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 Dash nutmeg
- ☐ 1.8 cups half and half
- ☐ 0.5 cup maple syrup

- ☐ 1 Dash salt
- ☐ 1 vanilla pod split

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 3 ingredients in a large bowl, stirring well with a whisk.
- ☐ Combine half-and-half and remaining ingredients in a medium, heavy saucepan over medium-high heat; cook until mixture reaches 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Return milk mixture to pan. Reduce temperature to medium, and cook until mixture thickens slightly (about 2 minutes), stirring constantly with a whisk.
- ☐ Remove from heat. Strain mixture through a sieve into a bowl; discard solids. Divide mixture evenly among 8 (4-ounce) ramekins or custard cups.
- ☐ Place ramekins in a 13 x 9-inch metal 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 ramekins are touched.
- ☐ Remove the ramekins from pan; cool completely on a wire rack. Cover and chill 4 hours.

Nutrition Facts



 PROTEIN **9.01%**  FAT **49.3%**  CARBS **41.69%**

Properties

Glycemic Index:13.94, Glycemic Load:4.99, Inflammation Score:-2, Nutrition Score:7.5073913050734%

Nutrients (% of daily need)

Calories: 194.87kcal (9.74%), Fat: 10.76g (16.56%), Saturated Fat: 5.39g (33.68%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 19.93g (7.25%), Sugar: 17.31g (19.24%), Cholesterol: 202.13mg (67.38%), Sodium: 48.44mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Manganese: 0.75mg (37.4%), Vitamin B2: 0.45mg (26.41%), Selenium: 11.36µg (16.23%), Phosphorus: 117.88mg (11.79%), Calcium: 112.93mg (11.29%), Vitamin A: 435.48IU (8.71%), Vitamin B12: 0.43µg (7.2%), Vitamin B5: 0.67mg (6.7%), Folate: 26.63µg (6.66%), Vitamin D: 0.92µg (6.12%), Zinc: 0.77mg (5.1%), Vitamin B6: 0.09mg (4.5%), Potassium: 144.81mg (4.14%), Vitamin E: 0.6mg (4.02%), Vitamin B1: 0.06mg (4%), Iron: 0.65mg (3.61%), Magnesium: 11.99mg (3%), Fiber: 0.55g (2.2%), Copper: 0.02mg (1.23%), Vitamin K: 1.26µg (1.2%)