



Maple Pots de Crème with Almond Praline



Vegetarian



Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



549 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 1 pinch kosher salt
- ☐ 1 teaspoon plus light
- ☐ 2 tablespoons t brown sugar dark packed ()
- ☐ 6 large egg yolk
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 0.1 teaspoon peppermint flavoring
- ☐ 0.3 cup maple sugar

- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ pastry brush

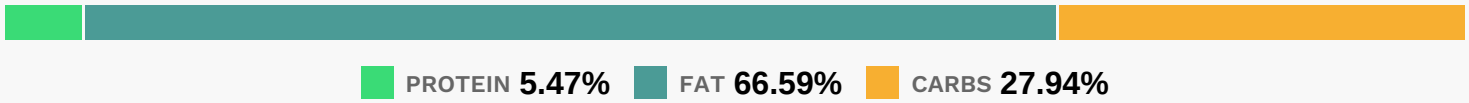
Directions

- ☐ Preheat oven to 375°F. Scatter almonds on small rimmed baking sheet.
- ☐ Bake almonds until golden brown, about 3 minutes.
- ☐ Remove from oven. Push almonds together in 4-inch square on sheet and cool.
- ☐ Stir sugar, 1 tablespoon water, corn syrup, and coarse salt in small heavy saucepan over low heat until sugar dissolves. Increase heat; boil without stirring until syrup is dark amber, occasionally swirling pan and brushing down sides with wet pastry brush, about 5 minutes. Immediately pour caramel evenly over almonds, coating completely.
- ☐ Let stand until cold and hard, about 30 minutes. Break praline into pieces or process to coarse crumbs. DO AHEAD: Can be made 4 days ahead. Store airtight at room temperature.
- ☐ Preheat oven to 325°F.
- ☐ Arrange four 3/4-cup ramekins or custard cups in 13 x 9 x 2-inch metal baking pan.
- ☐ Whisk yolks, both sugars, extract, and salt in medium bowl to blend. Gradually whisk in cream. Divide custard among ramekins.
- ☐ Pour enough hot water into baking pan to come halfway up sides of ramekins.
- ☐ Bake custards until center is just set, about 35 minutes.

- ☐
- Transfer to work surface;let stand 15 minutes. Chill uncovered untilcold, at least 2 hours.Cover; chill overnight.

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Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:17.98, Inflammation Score:-7, Nutrition Score:12.516956541849%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 548.83kcal (27.44%), Fat: 41.54g (63.92%), Saturated Fat: 23.16g (144.75%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 38.6g (14.04%), Sugar: 36.42g (40.47%), Cholesterol: 376.25mg (125.42%), Sodium: 51.75mg (2.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.35%), Manganese: 1.01mg (50.26%), Vitamin A: 1679.73IU (33.59%), Selenium: 17.46µg (24.95%), Vitamin B2: 0.36mg (21.39%), Vitamin D: 2.81µg (18.7%), Vitamin E: 2.76mg (18.39%), Phosphorus: 176.1mg (17.61%), Zinc: 2.17mg (14.44%), Calcium: 128.51mg (12.85%), Folate: 43.06µg (10.77%), Vitamin B12: 0.64µg (10.67%), Vitamin B5: 1.03mg (10.31%), Iron: 1.34mg (7.42%), Vitamin B6: 0.13mg (6.52%), Magnesium: 25.37mg (6.34%), Potassium: 211.44mg (6.04%), Copper: 0.1mg (5.23%), Vitamin B1: 0.08mg (5.08%), Vitamin K: 3.03µg (2.89%), Fiber: 0.63g (2.5%), Vitamin B3: 0.26mg (1.29%)