



## Mississippi Mud Brûlée

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



612 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 ounce bar baking chocolate sweet melted
- 0.5 cup brown sugar loosely packed
- 6 egg yolks lightly beaten
- 0.3 cup kahlua
- 0.3 cup marshmallow creme
- 0.8 teaspoon milk
- 1.5 tablespoons semisweet chocolate mini-morsels
- 0.3 cup sugar

- 2 cups whipping cream

## Equipment

- frying pan
- sauce pan
- oven
- wire rack
- ramekin

## Directions

- Combine whipping cream and 1/3 cup sugar in a small heavy saucepan; bring to a simmer (do not boil).
- Remove from heat and gradually stir about 1/4 of hot mixture into yolks; add to remaining hot mixture, stirring constantly. Stir in melted sweet chocolate and Kahla.
- Pour chocolate mixture into 6 (6-ounce) ungreased ramekins.
- Place ramekins in a 13" x 9" x 2" pan.
- Add hot water to pan to depth of 1".
- Bake, uncovered, at 300 for 30 to 40 minutes or just until set.
- Remove ramekins from pan and let cool on a wire rack. Cover and chill thoroughly.
- Combine marshmallow cream, mini-morsels, and milk, stirring until blended. Spoon a small dollop of marshmallow mixture evenly onto each custard.
- Sprinkle brown sugar over marshmallow layer.
- Place ramekins in a 13" x 9" x 2" pan; fill pan with ice cubes, surrounding ramekins.
- Broil 3 1/2" from heat (with electric oven door partially opened) 1 to 2 minutes or until brown sugar melts.
- Remove ramekins from pan. Chill custards 5 minutes or just until brown sugar forms a crust.
- Note: Ice cubes keep the custard cold while allowing the brown sugar to melt under heat.

## Nutrition Facts



■ PROTEIN 4.93% ■ FAT 63.48% ■ CARBS 31.59%

## Properties

Glycemic Index:18.02, Glycemic Load:7.77, Inflammation Score:-8, Nutrition Score:14.000434810701%

## Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

## Nutrients (% of daily need)

Calories: 612.37kcal (30.62%), Fat: 44.82g (68.95%), Saturated Fat: 26.93g (168.3%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 46.75g (17%), Sugar: 41.81g (46.45%), Cholesterol: 284.35mg (94.78%), Sodium: 41.24mg (1.79%), Alcohol: 2.13g (100%), Alcohol %: 1.62% (100%), Caffeine: 18.34mg (6.11%), Protein: 7.84g (15.67%), Manganese: 0.86mg (43.01%), Copper: 0.69mg (34.49%), Vitamin A: 1428.65IU (28.57%), Iron: 4.23mg (23.51%), Selenium: 14.6µg (20.86%), Phosphorus: 202.93mg (20.29%), Magnesium: 76.58mg (19.15%), Zinc: 2.53mg (16.89%), Vitamin B2: 0.27mg (15.76%), Vitamin D: 2.25µg (14.99%), Fiber: 3.44g (13.75%), Calcium: 113.09mg (11.31%), Folate: 34.93µg (8.73%), Vitamin E: 1.29mg (8.62%), Potassium: 298.66mg (8.53%), Vitamin B12: 0.49µg (8.13%), Vitamin B5: 0.81mg (8.1%), Vitamin B6: 0.1mg (5.25%), Vitamin B1: 0.08mg (5.13%), Vitamin K: 4.77µg (4.54%), Vitamin B3: 0.36mg (1.82%)