



## Onion Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



444 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 5 egg yolks
- ☐ 1 cup onion coarsely chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 cups whipping cream

### Equipment

- ☐ frying pan

- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ roasting pan

## Directions

- ☐ Melt butter in a skillet over low heat; add onion, and cook, stirring occasionally, 45 minutes or until caramelized.
- ☐ Combine whipping cream and next 2 ingredients, stirring with a wire whisk until sugar dissolves and mixture is smooth.
- ☐ Add salt and caramelized onion to custard mixture.
- ☐ Place mixture in container of an electric blender, and process until smooth.
- ☐ Pour mixture evenly into 5 (5- x 1-inch) round individual baking dishes; place dishes in a large roasting pan or a 15- x 10- x 1-inch jellyroll pan. Prepare 1/2-inch water bath (see Brle Basics below).
- ☐ Bake at 275 for 50 minutes or until almost set. Cool custards in water in pan on a wire rack.
- ☐ Remove from pan before serving.
- ☐ Note: Baking time is for 5- x 1-inch round individual baking dishes. As a general rule, to use 4-, 6-, or 8-ounce custard cups, bake for an additional 15 to 20 minutes. When the crme brle is done, the center will still be slightly liquid and a knife will not come out clean. The yield will vary with different size dishes: For 4-ounce cups you'll get 10 servings, for 6-ounce cups you'll get 7 servings, and for 8-ounce cups you'll get 4 servings.
- ☐ Don't panic when you see the term water bath. A water bath is simply a roasting pan or jellyroll pan filled with water. The water creates a cushion from the heat of the oven, allowing the custards to bake slowly without curdling.
- ☐ Don't burn yourself. Before you take the water bath out of the oven, remove some of the water with a basting bulb or a long-handled ladle.

## Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:2.34, Inflammation Score:-7, Nutrition Score:8.1773913891419%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 443.83kcal (22.19%), Fat: 43.72g (67.26%), Saturated Fat: 26.51g (165.67%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 8.19g (2.98%), Sugar: 6.64g (7.37%), Cholesterol: 314.02mg (104.67%), Sodium: 536.75mg (23.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.93%), Vitamin A: 1799.58IU (35.99%), Selenium: 13.17µg (18.81%), Vitamin B2: 0.28mg (16.77%), Vitamin D: 2.5µg (16.63%), Phosphorus: 136.04mg (13.6%), Vitamin E: 1.48mg (9.84%), Calcium: 95.07mg (9.51%), Folate: 36.34µg (9.08%), Vitamin B12: 0.51µg (8.55%), Vitamin B5: 0.83mg (8.26%), Vitamin B6: 0.13mg (6.74%), Zinc: 0.7mg (4.69%), Potassium: 158.27mg (4.52%), Vitamin B1: 0.07mg (4.38%), Iron: 0.66mg (3.67%), Vitamin C: 2.94mg (3.56%), Vitamin K: 3.69µg (3.52%), Magnesium: 10.89mg (2.72%), Manganese: 0.05mg (2.67%), Fiber: 0.54g (2.18%), Copper: 0.04mg (1.87%)