

# Orange Crème Caramels

 Vegetarian  Gluten Free

READY IN



240 min.

SERVINGS



6

CALORIES



359 kcal

DESSERT

## Ingredients

- 3 large egg yolk whole
- 3 large navel oranges
- 1.8 cups sugar
- 3 cups milk whole

## Equipment

- bowl
- frying pan
- sauce pan

- oven
- knife
- whisk
- sieve
- ramekin
- roasting pan
- kitchen towels

## Directions

- Finely grate zest from oranges, then squeeze enough juice to measure 1 cup.
- Pour juice through a fine sieve into a 2-quart heavy saucepan, discarding pulp, and stir in 1 cup sugar. Bring to a boil over moderately high heat, stirring until sugar is dissolved. Boil, without stirring but washing down any sugar crystals with a brush dipped in cold water and skimming froth as necessary, until syrup begins to turn golden, about 5 minutes. Continue to boil, swirling pan occasionally, until syrup is a deep golden caramel. Immediately divide caramel among ramekins, tilting if necessary to coat bottoms.
- Preheat oven to 325°F and line bottom of a small roasting pan with a folded kitchen towel.
- Bring milk and zest just to a simmer over moderate heat, then remove from heat and let stand, covered, 10 minutes.
- Whisk together whole eggs, yolks, and remaining 3/4 cup sugar in a large bowl, then whisk in warm milk.
- Pour custard through fine sieve into a bowl, pressing on and discarding solids. Divide custard among ramekins and arrange ramekins in roasting pan.
- Carefully add enough hot water to pan to reach halfway up sides of ramekins.
- Bake in middle of oven until custard is just set (but still trembles slightly in center), 50 minutes to 1 hour. Run a thin knife around side of each ramekin to loosen, then transfer ramekins to a rack and cool. Chill, loosely covered, at least 2 hours.
- To unmold, invert plates over ramekins and invert custards onto plates.
- To make 1 large crème caramel instead of individual ones, bake in a 9-inch glass pie plate in hot water bath 1 to 1 1/4 hours. •Crème caramels can be chilled up to 2 days.

## Nutrition Facts



■ PROTEIN **6.41%** ■ FAT **15.54%** ■ CARBS **78.05%**

## Properties

Glycemic Index:18.02, Glycemic Load:42.89, Inflammation Score:-5, Nutrition Score:9.5286957090316%

## Flavonoids

Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 359.45kcal (17.97%), Fat: 6.45g (9.92%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 72.88g (24.29%), Net Carbohydrates: 71.34g (25.94%), Sugar: 70.08g (77.87%), Cholesterol: 106.44mg (35.48%), Sodium: 51.72mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Vitamin C: 41.37mg (50.15%), Calcium: 191.71mg (19.17%), Phosphorus: 172.47mg (17.25%), Vitamin B2: 0.26mg (15.3%), Vitamin B12: 0.82µg (13.74%), Vitamin D: 1.8µg (12.01%), Selenium: 7.43µg (10.61%), Vitamin A: 493.11IU (9.86%), Folate: 36.21µg (9.05%), Vitamin B5: 0.89mg (8.92%), Potassium: 309.63mg (8.85%), Vitamin B1: 0.13mg (8.73%), Vitamin B6: 0.16mg (7.97%), Fiber: 1.54g (6.16%), Magnesium: 22.76mg (5.69%), Zinc: 0.76mg (5.05%), Vitamin E: 0.39mg (2.57%), Vitamin B3: 0.43mg (2.14%), Copper: 0.04mg (1.96%), Iron: 0.35mg (1.96%), Manganese: 0.03mg (1.61%)