



Orange Marmalade Crème Brûlée



Vegetarian



Gluten Free

READY IN



420 min.

SERVINGS



4

CALORIES



574 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 egg yolk
- ☐ 0.3 cup orange marmalade
- ☐ 8 teaspoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 4 servings water boiling
- ☐ 2 cups whipping cream

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ ramekin
- ☐ tongs
- ☐ pot holder

Directions

- ☐ Heat oven to 350°F. Spoon 1 tablespoon marmalade into bottom of each of 4 (6-ounce) ceramic ramekins.*
- ☐ In small bowl, slightly beat egg yolks with wire whisk. In large bowl, stir whipping cream, 1/3 cup sugar and the vanilla until well mixed.
- ☐ Add egg yolks to cream mixture; beat with wire whisk until evenly colored and well blended.
- ☐ In 13x9-inch pan, place ramekins.
- ☐ Pour cream mixture evenly into ramekins. Carefully place pan with ramekins in oven.
- ☐ Pour enough boiling water into pan, being careful not to splash water into ramekins, until water covers 2/3 of the height of the ramekins.
- ☐ Bake 30 to 40 minutes or until tops are light golden brown and sides are set (centers will be jiggly).
- ☐ Carefully transfer ramekins to cooling rack, using tongs or grasping tops of ramekins with pot holder. Cool 2 hours or until room temperature. Cover tightly with plastic wrap; refrigerate until chilled, at least 4 hours but no longer than 2 days.
- ☐ Uncover ramekins; gently blot any condensation on custards with paper towel.
- ☐ Sprinkle 2 teaspoons sugar over each custard. Holding kitchen torch 3 to 4 inches from custard, caramelize sugar on each custard by heating with torch about 2 minutes, moving flame continuously over sugar in circular motion, until sugar is melted and light golden brown.
- ☐ Serve immediately, or refrigerate up to 8 hours before serving.

Nutrition Facts



PROTEIN 5.29% **FAT 77.14%** **CARBS 17.57%**

Properties

Glycemic Index:17.52, Glycemic Load:5.58, Inflammation Score:-7, Nutrition Score:10.191739193771%

Nutrients (% of daily need)

Calories: 574.42kcal (28.72%), Fat: 50.14g (77.14%), Saturated Fat: 29.95g (187.18%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 25.56g (9.3%), Sugar: 23.74g (26.37%), Cholesterol: 426.07mg (142.02%), Sodium: 68.29mg (2.97%), Alcohol: 0.34g (100%), Alcohol %: 0.11% (100%), Protein: 7.73g (15.47%), Vitamin A: 2151.04IU (43.02%), Selenium: 18.86µg (26.94%), Vitamin D: 3.36µg (22.41%), Vitamin B2: 0.37mg (21.99%), Phosphorus: 175.18mg (17.52%), Calcium: 128.26mg (12.83%), Vitamin E: 1.8mg (12.02%), Vitamin B12: 0.72µg (11.95%), Folate: 45.98µg (11.49%), Vitamin B5: 1.11mg (11.14%), Vitamin B6: 0.14mg (7.01%), Zinc: 0.94mg (6.27%), Iron: 0.89mg (4.95%), Vitamin B1: 0.07mg (4.83%), Copper: 0.09mg (4.55%), Potassium: 151.52mg (4.33%), Vitamin K: 4µg (3.81%), Magnesium: 12.57mg (3.14%), Vitamin C: 1.67mg (2.03%), Manganese: 0.02mg (1.13%)