



Peaches and Cream Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 3 large egg yolks
- ☐ 1 cup heavy whipping cream
- ☐ 6 peaches whole ripe
- ☐ 0.3 cup sugar
- ☐ 4 teaspoons sugar
- ☐ 0.5 vanilla pod

Equipment

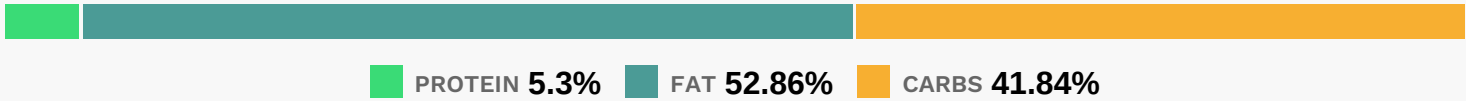
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ spatula

Directions

- ☐ Place cream in a medium saucepan. Split vanilla bean in half lengthwise, scrape in seeds, and add bean pod; bring to a simmer, and turn off heat.
- ☐ Combine 1/3 cup sugar and egg yolks in a mixing bowl, whisking until smooth. Slowly add warm cream to egg mixture, whisking constantly. Set bowl containing egg mixture over a saucepan of simmering water. (Do not allow bowl to touch water.)
- ☐ Whisk mixture constantly about 9 minutes or until it reaches 180 and coats back of spoon.
- ☐ Remove bowl from heat, and place in an ice bath, stirring occasionally with a spatula; allow mixture to cool completely. (Or cool to room temperature, cover, and chill overnight.)
- ☐ Mixture will thicken slightly while cooling.
- ☐ Cut tops off peaches, and carefully hollow them out, discarding pit. (Slice a thin portion from bottoms, if needed, to help peaches sit upright.) Fill each peach with about 1/4 cup custard, smoothing so mixture is even with top of peach. Refrigerate until ready to serve, up to 3 hours.
- ☐ Sprinkle a thin layer of sugar onto each custard-filled peach; caramelize sugar using a kitchen torch, keeping torch moving at all times for even coloring.
- ☐ Serve within 1 hour of browning sugar.

Nutrition Facts



Properties

Glycemic Index:30.07, Glycemic Load:14.81, Inflammation Score:-6, Nutrition Score:6.9943477485491%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg,

Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg
Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg,
Epigallocatechin 3–gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol:
0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 278.52kcal (13.93%), Fat: 17.02g (26.19%), Saturated Fat: 9.96g (62.27%), Carbohydrates: 30.31g (10.1%),
Net Carbohydrates: 28.06g (10.21%), Sugar: 27.55g (30.61%), Cholesterol: 136.62mg (45.54%), Sodium: 34.44mg
(1.5%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 3.84g (7.69%), Vitamin A: 1194.67IU (23.89%),
Selenium: 9.18µg (13.12%), Vitamin E: 1.68mg (11.19%), Vitamin B2: 0.17mg (9.92%), Fiber: 2.25g (9%), Phosphorus:
89.16mg (8.92%), Vitamin C: 6.39mg (7.74%), Vitamin D: 1.09µg (7.29%), Potassium: 230.35mg (6.58%), Copper:
0.13mg (6.45%), Vitamin B3: 1.24mg (6.18%), Vitamin B5: 0.58mg (5.85%), Folate: 23µg (5.75%), Vitamin K: 5.83µg
(5.55%), Manganese: 0.1mg (4.87%), Iron: 0.79mg (4.38%), Calcium: 43.29mg (4.33%), Zinc: 0.64mg (4.25%),
Vitamin B6: 0.08mg (4.06%), Vitamin B1: 0.06mg (3.93%), Vitamin B12: 0.23µg (3.82%), Magnesium: 15.21mg (3.8%)