



Pistachio Creme Brulee with Blackberries and Pomegranate



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



1247 kcal

DESSERT

Ingredients

- ☐ 1 pint blackberries
- ☐ 6 egg yolks
- ☐ 0.3 cup mint leaves fresh roughly chopped
- ☐ 1 quart heavy cream
- ☐ 2 tablespoons pistachio paste
- ☐ 0.5 cup pistachios toasted
- ☐ 1 seeds of pomegranate

- ☐ 1 cup sugar plus more for topping
- ☐ 1 vanilla pod

Equipment

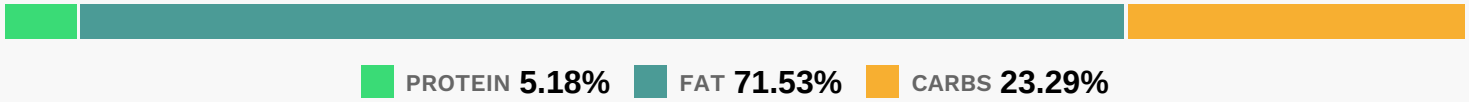
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Bring 2 quarts of water to a boil.
- ☐ Whisk together the cream and pistachio paste in a large saucepot, and then scrape and add the vanilla bean and the pistachios. Steep over medium-low heat 20 minutes, and then remove from the heat.
- ☐ Whisk together 1 cup of the sugar and the egg yolks in a large bowl.
- ☐ Add 1/2 cup of the warm cream to the yolks and whisk quickly to temper the egg mixture.
- ☐ Add in the remaining cream, a little at a time, whisking constantly. When all of the cream has been incorporated, strain the custard through a fine mesh sieve into a large bowl.
- ☐ Place 4 creme brulee ramekins into a 2-inch-deep baking pan. Evenly divide the custard between the ramekins, filling to the top. Carefully add the boiling water into the pan until it is halfway up the sides of the ramekins. Cover with aluminum foil.
- ☐ Carefully (so no water gets in the custard) place the baking pan into the oven and bake until the custard is set, 25 to 30 minutes.
- ☐ Remove the ramekins from the water bath and refrigerate.

- ☐
- Combine the blackberries, mint, pomegranate seeds and remaining 2 tablespoons sugar in a medium bowl, and let sit 10 minutes.
- ☐
- When the custards have cooled, sprinkle the tops with sugar and brulee with a torch until the sugar caramelizes.
- ☐
- Garnish with the blackberry-pomegranate mixture and serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:36.8, Inflammation Score:-10, Nutrition Score:27.730869272481%

Flavonoids

Cyanidin: 119.64mg, Cyanidin: 119.64mg, Cyanidin: 119.64mg, Cyanidin: 119.64mg Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 44.52mg, Catechin: 44.52mg, Catechin: 44.52mg, Catechin: 44.52mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 1247.3kcal (62.37%), Fat: 102.2g (157.23%), Saturated Fat: 58.08g (363%), Carbohydrates: 74.9g (24.97%), Net Carbohydrates: 66.42g (24.15%), Sugar: 64.23g (71.37%), Cholesterol: 558.94mg (186.31%), Sodium: 79.59mg (3.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.29%), Vitamin A: 4319.18IU (86.38%), Manganese: 1.05mg (52.31%), Vitamin B2: 0.67mg (39.17%), Phosphorus: 364.4mg (36.44%), Vitamin D: 5.24µg (34.96%), Selenium: 24.33µg (34.76%), Vitamin C: 28.25mg (34.25%), Fiber: 8.47g (33.9%), Vitamin E: 4.7mg (31.32%), Vitamin K: 31.22µg (29.74%), Vitamin B6: 0.54mg (27.09%), Calcium: 252.72mg (25.27%), Copper: 0.5mg (25.19%), Folate: 91.51µg (22.88%), Vitamin B1: 0.29mg (19.16%), Potassium: 659.45mg (18.84%), Vitamin B5: 1.85mg (18.47%), Magnesium: 66.99mg (16.75%), Zinc: 2.27mg (15.16%), Vitamin B12: 0.9µg (15.08%), Iron: 2.63mg (14.59%), Vitamin B3: 1.22mg (6.1%)