

Pots de Crème with Riesling-Poached Grapes

 **Vegetarian**  **Gluten Free**

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READY IN



340 min.

SERVINGS



8

CALORIES



545 kcal

DESSERT

Ingredients

- ☐ 750 milliliter mirin
- ☐ 11 large egg yolk
- ☐ 2.3 cups cup heavy whipping cream
- ☐ 4 cups grapes black red seedless
- ☐ 1 pinch sea salt
- ☐ 0.8 cup cream sour
- ☐ 10 tablespoons sugar divided
- ☐ 0.8 cup milk whole

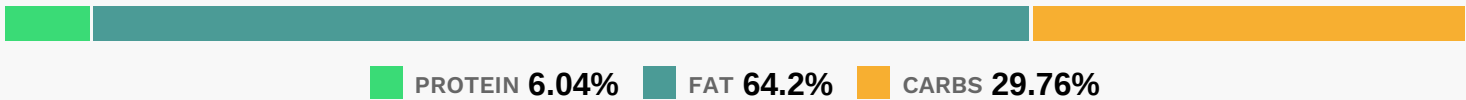
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Bring wine, grapes, and 4 tablespoons sugar to a boil in a large saucepan over medium-high heat, stirring to dissolve sugar. Reduce heat and simmer, stirring occasionally, until mixture measures 2 cups, about 1 hour; chill.
- ☐ Preheat oven to 325°F. Using an electric mixer, beat yolks, 6 tablespoons sugar, and salt in a large bowl until pale yellow, about 2 minutes.
- ☐ Bring cream to a simmer in a medium saucepan over medium heat; gradually whisk into yolk mixture.
- ☐ Whisk in milk and sour cream.
- ☐ Pour through a fine-mesh sieve set over a medium pitcher. Divide among ramekins; cover each with foil and place in a large roasting pan.
- ☐ Add enough hot water to pan to come halfway up sides of ramekins.
- ☐ Bake pots de crème until just set in center, about 1 hour. Uncover and chill until cold, about 3 hours. Spoon grapes over.

Nutrition Facts



Properties

Glycemic Index:19.26, Glycemic Load:16.85, Inflammation Score:-7, Nutrition Score:10.441739014957%

Nutrients (% of daily need)

Calories: 545.2kcal (27.26%), Fat: 35.44g (54.53%), Saturated Fat: 20.27g (126.7%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 36.29g (13.2%), Sugar: 30.59g (33.99%), Cholesterol: 343.56mg (114.52%), Sodium: 51.17mg (2.22%), Alcohol: 9.03g (100%), Alcohol %: 3.57% (100%), Protein: 7.5g (15.01%), Vitamin A: 1542.27IU (30.85%), Selenium: 16.5µg (23.57%), Vitamin B2: 0.37mg (21.93%), Phosphorus: 184.58mg (18.46%), Vitamin D: 2.58µg (17.23%), Calcium: 131.95mg (13.19%), Vitamin K: 13.72µg (13.07%), Vitamin B12: 0.73µg (12.2%), Vitamin B5: 1.07mg (10.65%), Folate: 39.61µg (9.9%), Vitamin E: 1.46mg (9.7%), Vitamin B6: 0.19mg (9.65%), Potassium: 294.84mg (8.42%), Vitamin B1: 0.12mg (8.25%), Copper: 0.13mg (6.32%), Zinc: 0.92mg (6.12%), Iron: 1mg (5.55%), Magnesium: 16.04mg (4.01%), Vitamin C: 3.01mg (3.65%), Manganese: 0.07mg (3.55%), Fiber: 0.68g (2.72%), Vitamin B3: 0.23mg (1.17%)