



Pumpkin and Brown-Sugar Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



453 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce pumpkin pure canned
- ☐ 5 large egg yolks
- ☐ 8 tablespoons brown sugar raw
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 3 cups heavy whipping cream

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ broiler

Directions

- ☐ Preheat oven to 325°F.
- ☐ Whisk pumpkin, 1/2cup sugar, and 1/2 cup brown sugar in largebowl.
- ☐ Whisk in egg yolks and vanilla, thenspices and salt. Bring cream just to boil inmedium saucepan. Gradually whisk hotcream into pumpkin mixture.
- ☐ Divide mixture among eight 5x1-inchramekins. Divide ramekins between 2 largeroasting pans.
- ☐ Add enough hot water topan to come halfway up sides of ramekins.
- ☐ Bake until custards are just set in center,about 35 minutes. Chill custards until cold,about 6 hours. DO AHEAD: Can be made 2days ahead. Cover and keep chilled.
- ☐ Sprinkle 1 tablespoon raw sugar overpumpkin custard in each ramekin. Usingkitchen torch, melt sugar until deep amber.(Alternatively, use broiler.
- ☐ Place ramekinson rimmed baking sheet.
- ☐ Sprinkle topswith brown sugar [not raw sugar] and meltdirectly under broiler until deep amber.)Refrigerate 15 minutes to allow sugar toharden. DO AHEAD: Can be made 1 hourahead. Keep chilled.
- ☐ This recipe can also be made using 3-inch-diameter ramekinswith 1 1/4-inch-high sides.
- ☐ Bake for about 50 minutes.

Nutrition Facts



 **PROTEIN 4.18%**  **FAT 68.34%**  **CARBS 27.48%**

Properties

Glycemic Index:11.89, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:11.372173926105%

Nutrients (% of daily need)

Calories: 453.49kcal (22.67%), Fat: 35.25g (54.22%), Saturated Fat: 21.63g (135.16%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 30.17g (10.97%), Sugar: 28.67g (31.85%), Cholesterol: 215.6mg (71.87%), Sodium: 108.36mg (4.71%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 4.85g (9.7%), Vitamin A: 9738.93IU (194.78%), Vitamin B2: 0.26mg (15.08%), Vitamin D: 2µg (13.35%), Selenium: 9.07µg (12.96%), Phosphorus: 112.75mg (11.28%), Vitamin E: 1.67mg (11.13%), Vitamin K: 11.6µg (11.05%), Calcium: 100.22mg (10.02%), Manganese: 0.2mg (9.86%), Vitamin B5: 0.78mg (7.75%), Iron: 1.25mg (6.96%), Fiber: 1.73g (6.91%), Potassium: 226.64mg (6.48%), Folate: 25.63µg (6.41%), Vitamin B12: 0.35µg (5.83%), Vitamin B6: 0.1mg (5.21%), Magnesium: 20.75mg (5.19%), Copper: 0.08mg (4.19%), Zinc: 0.57mg (3.78%), Vitamin C: 2.82mg (3.41%), Vitamin B1: 0.05mg (3.32%), Vitamin B3: 0.28mg (1.39%)